

Body Composition Improvement Program



Participant Guide

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Introduction

The program goal is to help participants shed unwanted weight and maximize fitness for the long-term with a “health-wise”, sensible approach. The Body Composition Improvement Program (BCIP) focus is on making permanent lifestyle change by targeting nutrition, exercise, and the development of support systems to help build and maintain positive lifestyle change. The program consists of a series of two core classes with additional follow-up. Be sure to bring this Participant Guide to all classes. The program requires approximately one hour per day of self-monitoring, planning, and exercise time. This should be viewed as an investment in a happier, healthier, more energetic you!

Acknowledgements

A team of Registered Dietitians and Behavioral Psychologist developed the Body Composition Improvement Program (BCIP) to meet the requirements in AFI 10-248, *Fitness Program*. Our goal was to provide a comprehensive, standardized, evidenced-based nutrition education program to assist you in providing quality, effective nutrition education to clients enrolled in the Body Composition Improvement program. We hope that you enjoy teaching the classes and like any new program, it is a living document. This program will be reviewed July 2004 and we look forward to your feedback on how to continuously improve the program guides and materials. Enjoy the BCIP program and thank-you for all you do to help patients manage their weight, develop healthy lifestyles and improve their fitness levels.

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Chapter One



Self Assessment

The self assessment chapter discusses your health status, family history, and factors contributing to readiness to change. This information will help you and your nutrition counselor tailor the program to meet your needs. It will also be used to assess your success in changing your lifestyle to achieve better health and fitness. At a minimum, monthly follow-up appointments will be scheduled to measure change in your weight, fitness, abnormal lab values, and lifestyle habits. These sessions, provided to support long term success are designed to help you stay on track for the long haul. We hope you enjoy the program and find it fruitful.

Family History Questionnaire

1. Have any of the following members of your family experienced problems with obesity (defined as Body Mass Index (BMI) ≥ 30)? If you do not remember what BMI means or what your BMI is, ask your nutrition counselor.

Mother ☐ Yes ☐ No
Father ☐ Yes ☐ No
Brother ☐ Yes ☐ No
Sister ☐ Yes ☐ No
Children ☐ Yes ☐ No
Unknown ☐

If one parent is obese, you have a 40% chance of becoming an obese adult. If both parents are obese, your chance increases to 80%.

Obesity is family-related, but not necessarily genetic. Lifestyle factors play a larger role and eating right with regular exercise can greatly reduce your risk of becoming overweight/obese.

2. Do any of the following members of your family have adult onset (Type II) diabetes?

Mother ☐ Yes ☐ No
Father ☐ Yes ☐ No
Brother ☐ Yes ☐ No
Sister ☐ Yes ☐ No
Children ☐ Yes ☐ No
Unknown ☐

If either of your parents or a sibling has diabetes, there is up to a 40% risk that you will also develop diabetes.

Diabetes risk is also associated with lifestyle habits. Maintaining a healthy weight along with regular exercise and a healthy diet can *significantly* reduce your risk of developing diabetes.

3. Have any of the following members of your family experienced problems with premature death (before age 55) due to a heart attack or stroke?

Mother ☐ Yes ☐ No
Father ☐ Yes ☐ No
Brother ☐ Yes ☐ No
Sister ☐ Yes ☐ No
Children ☐ Yes ☐ No
Unknown ☐

Risk for heart disease increases if you are a male ≥ 45 years of age, a female ≥ 55 years of age, or if one or more "first degree" relatives gets heart disease at an early age. For example, a father or brother with heart disease before age 55, or a mother or sister with heart disease before age 65.

Even though you can't control some risk factors for heart disease, there are many others you can control such as: cigarette smoking, being overweight, physical inactivity, high blood pressure, high low density lipoprotein (LDL) or "bad" cholesterol level, and low high density lipoprotein (HDL) or "good" cholesterol level.

Weight Related Health Conditions

Being overweight greatly increases the likelihood of having high blood pressure, diabetes, high cholesterol levels, heart attacks, strokes, sleep apnea, gall bladder trouble and certain types of cancers. The incidence of hypertension is approximately 3 times greater in overweight individuals than lean individuals. Relatively young overweight persons (20 to 44 years old) have a 5.6 times greater risk of hypertension than persons 45 to 74 years old. In the western world, 60% of hypertension cases in men younger than 45 years are believed to be due to overweight.

Excess weight causes increased risk for heart attacks, strokes and diabetes. This is due in part because excess weight increases LDL (the bad cholesterol), decreases HDL (the good cholesterol), increases triglycerides, and increases the incidence of hypertension and diabetes. For men under 40 years, excess weight is a major cause of high cholesterol. Results from research showed that for every 10% increase in weight, there was a 12 point increase in total cholesterol level. Risk of diabetes increases twofold in persons slightly overweight and fivefold in moderately overweight and tenfold in very overweight persons. A weight loss of only 10 percent body weight is associated with significant improvement in the above medical conditions.

Weight and Diet History Questionnaire

Please complete the following questions to evaluate your past dieting habits:

At what age did you first experience a problem with being overweight?

_____years old

Has your weight changed over the past year? ____Yes ____No. If yes, please describe how: _____

What has been your lowest weight range as an adult? _____pounds.

How many serious attempts have you made to lose weight in: the last 12 months?
_____ Over the last 10 years? _____

What methods have you used in that past to lose weight? There are several methods that you may have used to lose weight: self-help program (i.e., book, magazine, tape); commercial program (i.e., Weight Watchers, Herbal Life); hospital-based program; other methods (Slimfast, supplements).

Method	How long ago?	How many pounds did you lose?	How many pounds did you regain?

What factors do you believe were important in helping you succeed in your prior weight loss efforts?

What were the contributing factors that caused you to regain weight in the past?

You may have embarked on a weight loss program before and were very successful at losing weight. It takes a lot of effort and commitment to lose 20-30 pounds. However, the majority of individuals regain the weight lost.

The length of time you have struggled with weight may indicate how difficult it may be to change long-term habits. This self-assessment provides an opportunity for you to examine past successes and failures and identify what has worked in the past and what has not. Careful review may help you identify high-risk situations that have triggered lapse in the past and help you develop rebound strategies to prevent a lapse in the future. For example, many people find that behaviors like regular exercise or eating low calorie are hard to maintain while TDY. Realizing that this has caused problems in the past may trigger you to develop solutions like bringing a jump rope or finding restaurants that offer a selection of low calorie choices.

Diet Readiness Test

This test provides you with some information about your readiness to start a weight loss program at this time. The test alone cannot tell you if you are ready, but it may help you to contemplate your decision and better plan your weight management program. For each question, circle the answer that best describes your attitude. As you complete each of the six sections, add the numbers of your answers and record in the area provided at the end of each section. After completing each section, find the number range where you scored. After you find your correct range, read the paragraph that corresponds to your score range.

Section 1: Goals and Attitude

This section helps you to evaluate how motivated you are to lose weight and how long this motivation will last (commitment). Are your goals realistic? Unrealistic expectations about how much weight you will lose and how quickly you hope to lose it may be a source of discouragement leading to relapse. It is important that your expectations be grounded in reality if you are going to be able to celebrate your accomplishments

1. Compared to previous attempts, how motivated are you to lose weight at this time?

- 1 Not at all motivated
- 2 Slightly motivated
- 3 Somewhat motivated
- 4 Quite motivated
- 5 Extremely motivated

2. How certain are you that you will stay committed to a weight loss program for the time it will take to reach your goal?

- 1 Not at all certain
- 2 Slightly certain
- 3 Somewhat certain
- 4 Quite certain
- 5 Extremely certain

3. Consider all outside factors at this time in your life (the stress you're feeling at work, your family obligations, etc.). To what extent can you tolerate the effort required to stick to a program?

- 1 Cannot tolerate
- 2 Can tolerate somewhat
- 3 Uncertain
- 4 Can tolerate well
- 5 Can tolerate easily

4. Think honestly about how much weight you hope to lose and how quickly you hope to lose it. Figuring a weight loss of one to two pounds per week, how realistic is your expectation?

- 1 Very unrealistic
- 2 Somewhat unrealistic
- 3 Moderately unrealistic
- 4 Somewhat realistic
- 5 Very realistic

5. While losing weight, do you fantasize about eating a lot of your favorite foods?

- 1 Always
- 2 Frequently
- 3 Occasionally
- 4 Rarely
- 5 Never

6. While losing weight, do you feel deprived, angry and/or upset?

- 1 Always
- 2 Frequently
- 3 Occasionally
- 4 Rarely
- 5 Never

Section 1 - Total Score _____

Section 1: Goals and Attitudes - See below to determine your preparedness for losing weight

- 6-16: This may not be a good time for you to start a weight loss program. Inadequate motivation and commitment, together with unrealistic goals could block your progress. Think about those things that contribute to this, and consider changing them before undertaking a program.
- 17-23: You may be close to being ready to begin a program but should think about ways to boost your preparedness before you begin.
- 24-30: The path is clear with respect to goals and attitudes.

Section 2: Hunger and Eating Cues

This section is designed to help you recognize if you are tempted to eat in response to external cues not related to hunger. Thinking about food or walking past food may tempt you to eat whether you are hungry or not.

7. When food comes up in conversation or in something you read, do you want to eat even if you are not hungry?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently
- 5 Always

8. How often do you eat because of **physical hunger**?

- 1 Always
- 2 Frequently
- 3 Occasionally
- 4 Rarely
- 5 Never

9. Do you have trouble controlling your eating when your favorite foods are around the house?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently
- 5 Always

Section 2 - Total Score _____

Section 2: Hunger and Eating Cues - see below to determine how external cues affect your eating

- 3-6: You might occasionally eat more than you would like, but it does not appear to be a result of high responsiveness to environmental cues. Controlling the attitudes that make you eat may be especially helpful.
- 7-9: You may have a moderate tendency to eat just because food is available. Weight loss may be easier for you if you try to resist external cues, and eat only when you are physically hungry.
- 10-15: Some or most of your eating may be in response to thinking about food or exposing yourself to temptations to eat. Think of ways to minimize your exposure to temptations, so that you eat only in response to physical hunger.

Section 3: Control Over Eating

This section is designed to tell you whether external pressures to eat threaten your control over what you eat. How you cope with “mistakes” effects your long-term success. If the following situation occurred while you were on a weight loss program, would you be likely to eat **more** or **less** immediately afterward and for the rest of the day?

10. Although you planned on skipping lunch, a friend talks you into going out for a midday meal?

- 1 Would eat much less
- 2 Would eat somewhat less
- 3 Would make no difference
- 4 Would eat somewhat more
- 5 Would eat much more

11. You “break” your diet by eating a fattening “forbidden” food.

- 1 Would eat much less
- 2 Would eat somewhat less
- 3 Would make no difference
- 4 Would eat somewhat more
- 5 Would eat much more

12. You have been following your diet faithfully and decide to test yourself by eating something you consider a treat.

- 1 Would eat much less
- 2 Would eat somewhat less
- 3 Would make no difference
- 4 Would eat somewhat more
- 5 Would eat much more

Section 3 - Total Score _____

Section 3: Control Over Eating (Lapse Recovery)- see below to determine how you recover from over eating

- 3-7: You recover rapidly from mistakes. However, if you frequently alternate between eating out of control and dieting very strictly, you may have a serious eating problem and should get professional help.
- 8-11: You do not seem to let unplanned eating disrupt your program. This is a flexible, balanced approach.
- 12-15: You may be prone to overeat after an event breaks your control or throws you off the track. Your reaction to these eating events can be improved.

Section 4: Weight Control Habits

Binge eating is a common problem among overweight individuals. Less common, but more serious is purging, the use of vomiting, laxatives or diuretics to rid the body of weight. Some individuals need special assistance to stopping purging and to feel safe on a sensible, healthy approach to weight loss.

13. Aside from holiday feasts, have you ever eaten a large amount of food rapidly and felt afterward that this eating incident was excessive and out of control?

- 2 Yes
- 0 No, go to question #15

14. If you answered yes to Question 13 above, how often have you engaged in this behavior during the last year?

- 1 Less than once a month
- 2 About once a month
- 3 A few times a month
- 4 About once a week
- 5 About three times a week
- 6 Daily

15. Have you ever purged (used laxatives, diuretics or induced vomiting) to control your weight.

- 5 Yes
- 0 No, go to end of section 4 and add up total score

16. If you answered yes to Question 15 above, how often do you engage in this behavior during the last year?

- 1 Less than once a month
- 2 About once a month
- 3 A few times a month
- 4 About once a week
- 5 About three times a week
- 6 Daily

Section 4 - Total Score _____

Section 4: Weight Control Habits (Binge/Purge)- see below to determine if you have unhealthy eating patterns.

- 0-1: It appears that binge eating and purging is not a problem for you.
- 2-11: Pay attention to these eating patterns. Should they arise more frequently, get professional help.
- 12-15: You show signs of having a potentially serious eating problem. See a counselor experienced in evaluating eating disorders now.

Section 5: Emotional Eating

This section is designed to tell you whether you eat in response to emotional situations. Awareness of this may help you to take action to change your response to loneliness, anger, depression, or joy to prevent overeating.

17. Do you eat more than you would like to when you have negative feelings, such as anxiety, depression, anger, or loneliness?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently

5 Always

18. Do you have trouble controlling your eating when you have positive feelings?
Do you celebrate feeling good by eating?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently
- 5 Always

19. When you have unpleasant interaction with others in your life, or after a difficult day at work, do you eat more than you would like?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently
- 5 Always

Section 5 - Total Score _____

Section 5: Emotional Eating - see below to determine if your emotions affect your eating.

3-8: You do not appear to let your emotions affect your eating.

9-11: You sometimes eat in response to emotional highs and lows. Monitor this behavior to learn when and why it occurs, and be prepared to find alternative activities.

12-15: Emotional ups and downs can stimulate your eating. Try to deal with the feelings that trigger the eating, and find other ways to express them.

Section 6: Exercise Patterns and Attitudes

Long-term success at keeping weight off is highly associated with involvement in physical activity. This section is designed to assess your readiness to become involved in an exercise program. It may be important for you to take time to determine what types of exercise you might enjoy and how to fit it into your lifestyle.

20. How often do you exercise?

- 1 Never
- 2 Rarely
- 3 Occasionally
- 4 Frequently
- 5 Always

21. How confident are you that you can exercise regularly?

- 1 Not at all confident

- 2 Slightly confident
- 3 Somewhat confident
- 4 Quite confident
- 5 Extremely confident

22. When you think about exercise, do you develop a positive or negative picture in your mind?

- 1 Completely negative
- 2 Somewhat negative
- 3 Neutral
- 4 Somewhat positive
- 5 Completely positive

23. How certain are you that you can work regular exercise into your daily schedule?

- 1 Not at all certain
- 2 Slightly uncertain
- 3 Somewhat certain
- 4 Quite certain
- 5 Extremely certain

Section 6 - Total Score: _____

Section 6: Exercise Patterns and Attitudes (Exercise) - see below to determine if you need to change your exercising habits.

- 4-16: You are probably not exercising as regularly as you should. Determine if your attitudes about exercise are blocking your way, then change what you must and put on those walking shoes.
- 17-20: It looks like the path is clear for you to be active. Now think of ways to get motivated.

1-4 OQ-10

Awaiting approval.

Chapter Two



BCIP Class One Nutrition Strategies

Abdominal Circumference

Body shape effects health. “Apple shaped” individuals who store excess fat in the upper body and abdominal area have increased risk for heart disease and diabetes. It is generally considered healthier to have a “pear shape” and deposit fat in the hip and thigh area. This is probably little consolation for people trying to shrink their hip size.

Abdominal circumference is a useful measure in people with a BMI less than 35. An abdominal circumference less than 40 inches in men and less than 35 inches in women is desirable. Abdominal circumference greater than these levels indicate increased risk for diabetes, heart attack, stroke and hypertension. Family history of these diseases is an additional risk. Abdominal fat can not be eliminated through spot exercises; overall weight loss is required.

Studies show that the health risk associated with high abdominal circumference is independent of height and age. This may be due to the fact that the abdominal measurement does not include any bones in the measurement so is independent of body frame size.

Expected Weight Loss

Weight loss is only one component of a lifestyle change program, but one of the easiest to measure. Losing weight slowly is easier to maintain because weight lost in this manner tends to be fat rather than fluid which can be regained very quickly. A one to two pound weight loss per week is typically a realistic goal. Weight loss greater than this may result from dehydration and muscle wasting. Keep in mind that weight change may not be the best indicator of success for you. Many people who start an exercise routine and eat wisely lose inches before pounds. They are burning fat and building muscle (which is heavier). For some, normalization of elevated lab values indicate dramatic success in improving their overall health.

Increases in muscle mass and healthy fluid retention may mask progress measured on a scale. For this reason, it is recommended that you take body measurements to help assess your progress. Many individuals will see reductions in their body measurements before their weight drops on the scale. Men and women should take a chest, waist, hip and thigh measurement at the beginning of the program. Re-measure once per month to assess your progress.

Strategies to Achieve a Healthy Diet

Choose a Strategy that is Right for You

There are a variety of useful strategies which help people to improve eating habits. The same strategy does not work for all people and different strategies may be effective at different points in the weight loss process. A variety of approaches will be discussed so that you can select the one you feel will best fit your needs. Certain changes in activities foster success no matter what strategy you follow. The two methods discussed in this chapter include following food groups based on the Food Guide Pyramid and counting calories.

The Bottom Line

There are many methods which can be used to produce weight loss, but during this program we are looking for methods which yield long-term results. Drastic reductions in calorie intake may produce quick weight loss, but this loss is easily regained. The BCIP approach stresses changing your everyday eating and exercise habits to support long-term weight loss. The focus should be on typical eating habits and modification of these to improve health and fitness. A variety of these methods used at different times will help to gradually improve your diet. Examine your food record and decide which strategy is best at this time. Feel free to use both strategies to your advantage at various times.

Food Groups Based on the Food Guide Pyramid

Following food groups is helpful because it provides specific guidance on portion sizes and ensures a balanced and varied diet. If you prefer a structured meal plan, you can place the food groups into breakfast, lunch, dinner, and snacks. Your meal pattern can be followed rigidly, or foods may be shifted slightly to accommodate preferences. If you have been eating only one meal per day or eating very erratically, meal patterns may help give definition to your meals as you start trying to establish new eating habits. If you find that you fluctuate between following the meal plan strictly and going back to your typical eating habits, this may not be the best approach for you. Slowly changing your typical eating habits may yield more long-term success.

The Food Guide Pyramid

How Many Servings Do You Need Each Day?

Women >30	Women < 30, active women	Active women < 30, active men	Active men < 30	Very active
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	>30 & men >30		>30 & men < 30		men < 30
Calorie Level*	1200	1500	1800	2000	2200
Grams of fat	< 40 g fat	< 50 g fat	< 60 g fat	< 65 g fat	< 70 g fat
Grain Group	6	7	9	10	11
Vegetable Group	3	3	4	5	5
Fruit Group	2	3	3	3	4
Milk Group	2-3**	2-3**	2-3**	2-3**	2-3**
Meat Group	4 oz	5 oz	6 oz	7 oz	7 oz
Fats	2	3	4	4	5

*These are the calorie levels if you choose low fat, lean foods from the 5 major food groups and use goods from the fats and sweets group (the tip of the Food Guide Pyramid) in moderation. Recommend a daily multi-vitamin supplement, especially for the lower calorie levels. The supplement should not exceed 50-100% of the recommended daily value for any of the nutrients.

**Young adults to age 24 and adults >51 years need 3 servings per day.

Source: U.S. DEPARTMENT OF AGRICULTURE & U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

What Counts as a Serving?

A serving of Grain can be: (1 serving = about 80 kcals)

1 slice bread (2 slices if low calorie)
 1/2 small bagel, English muffin, pita bread, hamburger or hot dog bun
 1 6-inch tortilla or small dinner roll
 4-6 crackers
 1/2 cup cooked cereal, pasta or rice
 3/4 cup dry cereal
 2 bread sticks or rice cakes
 3/4 oz pretzels & fat-free snack chips

A serving of Vegetable can be: (1 serving = about 25 kcals)

1 cup raw vegetables
 1/2 cup cooked vegetables
 1/2 cup vegetable juice

A serving of Fruit can be: (1 serving = about 60 kcals)

1 small fresh fruit
 1/2 cup grapes or melon
 1/2 cup canned fruit
 1/4 cup dried fruit
 1/2 cup fruit juice

A serving of Milk, Yogurt & Cheese can be: (1 serving = about 90-120 kcals)

1 cup skim or 1% milk
 1 oz cheese
 1/2 cup lowfat cottage cheese
 1 cup lowfat yogurt
 1/2 cup frozen yogurt or ice milk

Limit Meat, Poultry, Fish, Dry beans, Eggs & Nuts to 4 to 7 oz per day: (1 oz = about 55 kcals)

Lean meats, poultry or fish
 Lean deli, thin and shaved processed sandwich meats (1 gram of fat per oz. or less)

The following serving sizes are all equal to 1 oz. of meat:

1/2 cup dried beans, peas or lentils (cooked)
 1/4 cup tuna
 1 egg (no more than 3 egg yolks per week)
 2 egg whites
 1/2 cup tofu
 2 Tbsp peanut butter*
 10 peanuts*

*Eat in moderation. These meat substitutes are high fat and higher in calories

A serving of Fat can be: (1 serving = about 45 kcals)

1/8 avocado
 1 Tbsp cream cheese, lowfat margarine, lowfat mayonnaise or salad dressing
 2 Tbsp lowfat salad dressing, cream, coconut, lowfat cream cheese or sour cream
 1 tsp oil, margarine or mayonnaise

Dietary Modifications to Reduce Refined or Simple Carbohydrate Intake

Individuals trying to avoid concentrated sweets and refined carbohydrates may find the following helpful.

Instead of

White bread
White flour bagels & muffins
White flour tortillas
Regular waffles
White rice
Refined flour breakfast cereal
Regular pasta (not that bad)
Refined flour crackers
All purpose flour



Fruit juice
Ripe bananas
White potatoes
(including potato chips & French fries)



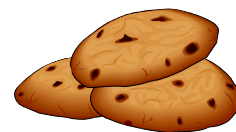
Regular ice cream
Regular or fat free yogurt
Regular cakes, pies, candies, cookies
Regular soda or punches
Regular syrup, jams, jellies
Regular sugar

Buy

Whole grain bread
Whole wheat bread
Wheat, whole grain tortillas
Whole wheat waffles
Brown or long grain rice
Bran or whole grain cereal
Wheat pasta (a little better)
Wheat crackers
Wheat flour



Actual fruit or drink tomato,
vegetable, or grapefruit juice
Unripe (green) bananas
Yams (best) or sweet potatoes



Sugar free or no sugar added ice cream
Sugar free or no sugar added yogurt
Sugar free or no sugar added cakes, pies,
candies, cookies
Diet soda; sugar free punch
Sugar free syrup, jams, jellies
Artificial sweetener

Grains

Many people think starchy foods such as bread and potatoes are fattening, when, in fact, most of the calories come from the company they keep. Calorie and fat-rich additions such as butter or margarine, sour cream, gravies and sauces can quickly double or triple the calorie count. Sugar and fat added to flour in making baked goods such as cakes, cookies, and sweet rolls can make these foods high calorie choices.

Each item in this list contains only 80 calories: 15 grams of carbohydrate, 3 grams of protein, a trace of fat. Whole grain products are also a good source of fiber. The fiber content varies but averages about 2 grams of fiber per serving.

If you want additional portion sizes than listed previously, you can choose your grain choices from any of the items on the following list.

Cereals/Grains/Pasta	Serving Size
Bran cereals	1/2 cup
Bread, cereal or cracker crumbs	2 Tbsp
Bulgur (cooked)	1/2 cup
Cooked cereals	1/2 cup
Cornmeal (dry)	3 Tbsp
Flour (dry)	3 Tbsp
Grapenuts	1/4 cup
Grits (cooked)	1/2 cup
Other ready-to-eat unsweetened cereals	3/4 cup
Pasta (cooked)	1/3 cup
Puffed cereal, unfrosted	1 1/2 cup
Rice, white or brown	1/3 cup (cooked)
Sugar-frosted cereal	1/2 cup
Shredded wheat	1/2 cup

Dried Beans/Peas/Lentils	Serving Size
Beans & peas (such as kidney, white, black-eyed), & lentils (cooked)	1/2 cup
Baked beans	1/3 cup

Starchy Vegetables	Serving Size
Corn	1/2 cup
Corn on cob, 6 inch long	1
Lima beans	1/2 cup
Peas, green (canned or frozen)	1/2 cup
Plantain	1/2 cup
Potato, baked	1/4 large (3 oz)
Potato, mashed (no fat added)	1/2 cup
Squash, winter (acorn, butternut, hubbard)	1 cup
Yam, sweet potato, plain	1/2 cup or 1 small

Bread (Read labels! Should contain no more than 80 calories per slice)	Serving Size
Bagel (4 oz)	1/4 (1 oz)
Bread sticks, crisp, 4 in. long x 1/2 in.	2 (2/3 oz)
Diet or "light" bread (40 calories per slice)	2
English muffin	1/2
Frankfurter or hamburger bun	1/2 (1 oz)
Pita, 6 in. across	1/2
Plain roll, small	1 (1 oz)
Raisin, unfrosted	1 slice (1 oz)
Rye, pumpernickel	1 slice (1 oz)
Tortilla, 6 in. across (corn or flour)	1
White (including French, Italian)	1 slice (1 oz)
Whole wheat	1 slice (1 oz)

Crackers/Snacks	Serving Size
Animal crackers	8
Graham crackers, 2 1/2 in. square	3
Matzo	3/4 oz
Melba toast	4 slices
Oyster crackers	24
Popcorn (popped, no fat added)	3 cups
"Light" popcorn (80 calories or less/serving - read label)	1 (80 cals/serving)
Pretzels	3/4 oz
Rice cakes (4 inches across)	2
Saltine-type crackers	6
Whole wheat crackers, no fat added (crisp breads, such as Finn, Kavli, Wasa)	2 - 5 (3/4 oz)

The following list includes bread products prepared with fat — before you even add butter or margarine. Count each serving as a 1 starch/bread serving, plus 1 fat serving on your meal plan.

Starchy Foods Prepared With Fat	Serving Size
Biscuit, 2 1/2 in. across	1
Chow mein noodles	1/2 cup
Cornbread, 2 in. cube	1 (2 oz)
Cracker, round butter type	6
Croutons	1 cup
Muffin, plain, small	1 (1½ oz)
Pancake, 4 in. across	2
Stuffing, bread (prepared)	1/3 cup
Taco shell, 6 in. across	2
Waffle, 4 1/2 in. square	1
Whole wheat crackers, fat added	4-6 (1 oz)

Vegetables

Each vegetable serving on this list contains only 25 calories and zero fat!! Vegetables also contain 2 - 3 grams of dietary fiber. Vegetables are a good source of vitamins and minerals. Fresh and frozen vegetables have more vitamins and less added salt than canned. If you use canned vegetables, drain them to remove much of the salt. Unless otherwise noted, the serving size for vegetables (one vegetable choice) is: 1/2 cup of cooked vegetables or juice and 1 cup of raw vegetables.

Artichokes	Celery	Rutabaga
Asparagus	Cucumber	Sauerkraut
Beans (green, wax, Italian)	Eggplant	Spinach
Bean sprouts	Kohlrabi	Tomato, cherry (6)
Beets	Leeks	Tomato, sauce
Broccoli	Mushrooms	Tomato, stewed
Brussels Sprouts	Okra	Tomato/veg juice
Cabbage	Onions	Turnips
Carrots	Peppers (green or red)	Water chestnuts
Cauliflower	Radishes	Zucchini

Veg to Use As Desired	
Alfalfa sprouts	Romaine
Chicory	Spinach
Chives	Watercress
Endive	Chinese cabbage
Escarole	Green onion
Lettuce	Hot peppers
Parsley	Mushrooms, raw
	Shallots

Keep Your Salads Healthy and Low in Fat

Many people have already started eating more salads; however, they often add items which reduce a salad's health benefits! Ingredients and toppings such as most regular type salad dressings, mayonnaise and oils contain fat and should be used sparingly. Croutons, olives, avocado, fried noodles, nuts and crumbled bacon are hidden sources of fat and should be limited. Remember to carefully choose your dressing and the amount you use. Each tablespoon of regular dressing triples a salad's calories, approximately 90% of the calories are from fat! One ladle equals 6-9 fat servings on this plan!

Fruit

Unfortunately, fruit is not unlimited. It has only 60 calories and no fat per serving, but, depending on which fruits you choose, the serving sizes may be very small. Different varieties of fruit contain very different amounts of sugar and water, naturally. Refer to this list often to check the appropriate serving sizes as the seasonal fruits change. Fresh, frozen and dried fruits are good sources of fiber. Fruit juices, on the other hand, contain very little dietary fiber and individuals should be aware of recommended portion sizes.

Unless otherwise noted, the serving size for one fruit choice is:

1/2 cup of fresh fruit or fruit juice

1/4 cup of dried fruit

Fruit	Serving Size
Apple (raw 2 inch across)	1
Applesauce (unsweetened)	1/2 cup
Apricots (medium, fresh)	4

Apricots (canned)	1/2 cup or 4 halves
Banana (9 inch long)	1/2
Blackberries or blueberries	3/4 cup
Cantaloupe (5 inch across)	1/3 or 1 cup
Cherries (large, raw)	12
Cherries (canned)	1/2 cup
Figs (raw, 2 inch across)	2
Grapefruit	1/2
Grapes, small	17
Honeydew melon (med)	1/8
Honeydew melon (cubes)	1 cup
Kiwi (large)	1
Mandarin oranges	3/4 cup
Mango (small)	1/2 cup
Nectarine (1 1/2 inch across)	1
Orange (2 1/2 inch across)	1
Papaya	1 cup or 1/2 fruit
Peach (2 3/4 inch across)	1 or 3/4 cup
Peaches (canned)	1/2 cup or 2 halves
Pear	1/2 large or 1 small
Pear (canned)	1/2 cup or 2 halves
Persimmon (medium)	2
Pineapple (fresh)	3/4 cup
Pineapple (canned)	1/2 cup
Plum (fresh, 2 inch diameter)	2
Pomegranate	1/2
Raspberries	1 cup
Strawberries (whole)	1 1/4 cup
Tangerine (2 1/2 inch)	2
Watermelon (cubes)	1 1/4 cup

Dried Fruit	Serving Size
Apples	4 rings
Apricots	8 halves
Dates	3 medium
Raisins	2 Tbsp
Fruit Juices	
Apple juice/cider	1/2 cup
Cranberry juice cocktail	1/3 cup
Grapefruit juice	1/2 cup
Grape juice	1/3 cup

Orange juice	1/2 cup
Pineapple juice	1/2 cup
Prune juice	1/3 cup

Dairy

Each serving of milk or milk product contains about 12 grams of carbohydrate and 8 grams of protein. The amount of fat in milk is measured in percent (%) of butterfat. The calories vary depending on what kind milk you choose. Using fat-free milk products reduces the cholesterol, saturated fat, and calorie content of milk choices. Whole milk has much more fat per serving than the fat-free and reduced fat groups. Avoid choices from the whole milk group as much as possible. If you have any questions about the fat and calorie content of a particular item, read the label.

Fat-Free Milk & Milk Products	Serving Size
Fat-free milk	1 cup
Buttermilk, low-fat or fat-free	1 cup
Sugar-free hot cocoa	1 cup
Dry nonfat milk	1/3 cup
Evaporated fat-free milk	1/2 cup
Light yogurt (90 calories/6 oz serving)	2/3 cup (6 oz)
Diet nonfat pudding	1/2 cup

Reduced-Fat Milk Products	Serving Size
2% milk	1 cup
Plain, unflavored lowfat yogurt	3/4 cup

Milk Products to Limit

Chocolate milk, cream, half-and-half, sour cream, whipping cream, coffee creamers, eggnog, malted milk, instant beverage drinks (unless made with recommended ingredients), hot cocoa mixes containing coconut and/or palm oil, and those sweetened with sugar, regular ice cream, pudding made with whole milk, and yogurt made with cream, whole milk, or sugar sweetened fruits.

Does Ice Cream Count?

Ice cream, ice milk, frozen yogurt, and other milk-based frozen desserts are made from milk, so they have calcium and the other nutrients found in milk. However, many contain added sugars. Ice cream and other desserts made with cream are also higher in fat. Other frozen desserts are made with less fat or a fat

substitute. Occasionally you can replace milk with a frozen dessert that is higher in sugars and/or fats, but when you do, cut your use of other sweets especially those high in fat. This will help you use sugars and fats in moderation. One-half cup of ice cream or ice milk has about the same amount of calcium as 1/3 cup of milk. One-half cup of frozen yogurt has more calcium - about the same as 1/2 cup of milk.

What If I don't like milk.....

You may not be receiving the equivalent amount of calcium, one of the unique nutrients in milk products. See the table below for some calcium equivalents. In today's marketplace, there are many nondairy foods such as orange juice enriched with calcium. Note: if you do not regularly drink milk or consume other high calcium foods, you should consider a calcium supplement (1000 mg/day).

Size serving equal in calcium to 1 cup fat-free milk. A serving this size contains			
	CALORIES	FAT (GRAMS)	ADDED SUGARS (TEASPOONS)
1 cup 2% fat chocolate milk	180	5	3
8 ounces plain nonfat yogurt	125	trace	0
8 ounces plain lowfat yogurt	145	4	0
8 ounces lowfat fruited yogurt	225	2	7
1 1/2 ounces natural cheese	120-135	12-14	0
2 ounces processed cheese	212	18	0
2 cups 1% cottage cheese	360	6	0
3 cups ice cream	810-1,050	42-66	18
5 ounces salmon w/ bones	200	9	0
8 ounces orange juice (calcium fortified)	120	0	20

Meats

Nutrition experts are currently recommending meals be planned around the grain, vegetable, and fruit groups with meat serving as an accompaniment. The amount of fat and number of calories vary, depending on what kind of meat or substitute you choose. The list is divided into four parts based on the amount of fat and calories: very lean meat, lean meat, medium-fat meat, and high fat meat. Weigh meat after removing bones and fat and after cooking. Three ounces of cooked meat is about equal to 4 ounces of raw meat. For the majority of your meals, choose meats from the very lean or lean meat list.

VERY LEAN MEAT AND SUBSTITUTES LIST (1-2 grams of fat, 35 calories per ounce)

CATEGORY		SERVING SIZE
Poultry:	Chicken or turkey (white meat, no skin), Cornish hen (no skin)	1 oz
Fish:	Fresh or frozen cod, flounder, haddock, halibut, trout, lox (smoked salmon), tuna (fresh or canned in water)	1 oz
Game:	Duck or pheasant (no skin), venison, buffalo, ostrich	1 oz
Cheese:	Fat free or low fat cottage cheese Fat free cheese	1/4 cup 1 oz
Other:	Processed sandwich meats with 1 gram of fat or less per ounce, such as deli thin, shaved meats, chipped beef, turkey ham Egg whites Egg substitute Kidney (high in cholesterol) Hot dogs with 1 gram of fat or less per oz	1 oz 2 1/4 cup 1 oz 1 oz

LEAN MEAT AND SUBSTITUTES LIST
(3 grams of fat, 55 calories per ounce)

CATEGORY		SERVING SIZE
Beef:	USDA Select or Choice grades of lean beef trimmed of fat such as round, flank, sirloin steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed) ground round (at least 90% lean)	1 oz
Pork:	Lean pork, such as fresh ham; canned, cured or boiled ham; Canadian bacon, tenderloin, center loin chop	1 oz
Lamb:	Roast, chop, or leg	1 oz
Veal:	Lean chop, roast	1 oz
Poultry:	Chicken, turkey (dark meat, no skin), chicken (white meat, with skin), domestic duck or goose (well-drained of fat, no skin)	1 oz
Fish:	Herring (uncreamed or smoked) Oysters Salmon (fresh or canned), catfish Tuna (canned in oil, drained) Sardines (canned)	1 oz 6 medium 1 oz 1 oz 2 medium
Game:	Goose (no skin), rabbit	1 oz
Cheese:	4.5% fat cottage cheese Grated Parmesan Cheeses (3 grams of fat or less per oz)	1/4 cup 2 Tbsp 1 oz
Other:	Hot dogs with 3 grams of fat or less per oz Processed sandwich meat (with 3 grams or less fat per oz) such as turkey pastrami or kielbasa Liver, heart (high in cholesterol)	1 1/2 oz oz 1 oz

MEDIUM-FAT MEAT AND SUBSTITUTES LIST
(5 grams of fat, 75 calories per ounce)

CATEGORY		SERVING SIZE
Beef:	Most beef products fall into this category (ground beef, meatloaf, corned beef, short ribs, Prime grades of meat trimmed of fat such as prime rib)	1 oz
Pork:	Top loin, chop, Boston butt, cutlet	1 oz
Lamb	Rib roast, ground	1 oz
Veal:	Cutlet (ground or cubed, unbreaded)	1 oz
Poultry:	Chicken (dark meat, with skin), ground chicken or turkey, fried chicken (with skin)	1 oz
Fish:	Any fried fish product	1 oz
Cheese:	Cheeses with 5 grams of fat or less per oz such as feta or mozzarella cheeses Ricotta	1 oz 1/4 cup
Other:	Egg (high in cholesterol; limit to 3 yolks/week) Sausage with 5 grams or less per oz Tempeh Tofu	1 1 oz 1/4 cup 1/2 c or 4 oz

HIGH-FAT MEAT AND SUBSTITUTES LIST*
(>8 grams of fat, 100 calories per ounce)

CATEGORY		SERVING SIZE
Pork:	Spare ribs, ground pork, pork sausage	1 oz
Cheese:	All regular cheeses, such as American, cheddar, Monterey Jack, Swiss	1 oz
Other:	Processed sandwich meats with 8 grams of fat or less per oz, such as bologna, pimento loaf, salami Sausage, such as bratwurst, Italian, knockwurst, Polished, smoked Hot dog (turkey or chicken) Bacon Peanut butter (contains unsaturated fat)	1 oz 1 oz 1 (10 lb) 3 slices (20 slices/lb) 1 Tbsp
	* These meats are high in saturated fat, cholesterol and calories. If you use these items, limit your portions to 3-4 ounces and choose less than 3 times per week.	

Are all Types of Fats Bad?

While attempting to eat healthy, some people limit the total amount of fat eaten. Some individuals consume only 10 to 15 grams per day. A very low total fat diet is not necessary. You need some fats in your diet. Fats are used to transport some vitamins, as well as make cell walls and nerve sheaths. Since fat is high in calories, it is important to select the right type of fats. Types of fat include saturated, trans fatty acids, polyunsaturated, and monounsaturated fats.

Saturated and trans fatty acids (which include animal fats, hydrogenated fats, and tropical oils--such as coconut or palm kernel oil) have the most potential to raise your total and low density lipoprotein (LDL) cholesterol levels. The primary source of trans fatty acids is hydrogenated oils. Oils are hydrogenated to extend shelf life. Hydrogenation makes an unsaturated oil, more saturated (more solid). Experts now feel that trans fat maybe just as potent, if not more so, than saturated fat at raising cholesterol levels; therefore, it is important to limit both saturated and trans fat intake. Food manufacturers will soon be required to list the product's trans fat content on the nutrition facts panel.

The majority of your fat should come from monounsaturated fats (such as olive oil, peanuts, or avocados). Fats highest in monounsaturated fats are the most "heart friendly".

The foods on the fat list contain mostly fat, although some items may also contain a very small amount of protein. On average, each serving on the fat list contains about 5 grams fat and 45 calories. **All** fats are high in calories for small servings and should be carefully measured. It is much easier to underestimate a teaspoon of margarine and end up with double the calories than it is to accidentally eat two apples!! Modify your fat intake by decreasing the amount eaten and substituting unsaturated fat for saturated fat.

Unsaturated Fats (Primarily Polyunsaturated)	Serving Size
Oils (arranged in descending order of polyunsaturation): safflower, sunflower, walnut, corn, soybean, sesame, cottonseed	1 tsp
Margarine (soft, tub, squeeze) made with safflower, sunflower, corn, or soybean oil	1 tsp
Diet margarine made with liquid safflower, sunflower, corn, or soybean oil	1 Tbsp
Unsaturated Fats (Primarily Polyunsaturated)	Serving Size

Spread (margarine-like, above 60 percent fat) soft, tub made with liquid safflower, sunflower, corn, or soybean oil	2 tsp
Mayonnaise, regular	1 tsp
Mayonnaise, reduced-fat	1 Tbsp
Nuts: walnuts	4 halves
Seeds: Sunflower (without shells), pumpkin	1 Tbsp
Salad dressing, regular	1 Tbsp
Salad dressing, reduced-fat	2 Tbsp
Miracle whip, regular	2 tsp
Miracle whip, reduced-fat	1 Tbsp

Unsaturated Fats (Primary Monounsaturated)	Serving Size
Oils: canola, peanut, olive	1 tsp
Olives - black	8 large
Olives - green	10 Large
Avocado	2 Tbsp (1 oz)
Nuts & Seeds: almonds, cashews	6
mixed (50% peanuts)	6
Peanuts	10
Pecans	4 halves

Saturated Fats	Serving Size
Butter	1 tsp
Bacon	1 slice
Chitterlings	2 Tbsp
Coconut, shredded	2 Tbsp
Cream cheese, regular	1 Tbsp
Cream cheese, reduced-fat	1 1/2 Tbsp
Cream (half and half)	2 Tbsp
Sour cream, regular	2 Tbsp
Sour cream, reduced-fat	3 Tbsp

Free Foods

A “free” food is any food or drink that contains less than 20 calories per serving. You can eat as much as you want of those items that have no serving size stated in the list below. You may eat two servings per day of these items that have a specific serving size.

Eat As Desired	Up to 2 Servings Daily
Bouillon or broth without fat Bouillon, low sodium Carbonated drinks, sugar-free	Cream Cheese, fat free (1 Tbsp) Mayonnaise, fat free (1 Tbsp) Sour Cream, fat free (1 Tbsp)
Carbonated water Club soda, seltzer water	Cocoa powder, unsweetened (1 Tbsp)
Coffee/tea	Sugar-free Nestle’s Quick (1tsp)
Drink mixes, sugar-free	Jam/Jelly, low-sugar (2 tsp)
Tonic water, sugar-free	Pancake syrup, sugar-free (1-2 Tbsp)
Nonstick pan spray	Lite/Fat-free whipped topping (2 Tbsp)
Candy, hard, sugar free	Barbecue sauce (1 Tbsp)
Gelatin, sugar-free	Catsup (1 Tbsp)
Sugar substitutes	Chili Sauce (1 Tbsp)
Popsicles, sugar-free	Relish, dill preferred (1 Tbsp)
Horseradish	Salad dressing, low calorie (2 Tbsp)
Mustard	Soy sauce (1 Tbsp)
Pickles, dill, unsweetened	Steak sauce (1 Tbsp)
Vinegar	Taco sauce (1 Tbsp)
Hot pepper sauce	Teriyaki sauce (1 Tbsp)
	Worcestershire sauce (1 Tbsp)
	Coffee whitener, powder (1 tsp)
	Package dry gravy mix, prepared (1/4 cup)

Combination Foods

Of course many of the foods we eat are mixed together in various combinations. These combinations do not fit into any one food group. Often it is hard to tell what is in a casserole dish or prepared food item. Below is a list of choices to count for some typical combination foods. Since you will want to use combination foods regularly, it is a good idea to get a cookbook that provides you with the nutrition information for each recipe. Cookbooks written for people with diabetes or heart disease are provided this information and delicious recipes that will fit your new meal plan.

Foods	Serving Size	Choices per Serving
Entrees:		
Tuna noodle casserole, lasagna, spaghetti with meatballs, chili with beans, macaroni & cheese	1 cup	2 bread/starch, 2 meats
Chow mein (no noodles or rice)	2 cups	1 grain, 2 meats
Pizza, cheese, thin crust	1/4 of 10 inch (5 oz)	2 grains, 2 meats, 2 fats
Pizza, meat topping, thin crust	1/4 of 10 inch (5 oz)	2 grains, 2 meats, 2 fats
Pot pie	1 (7 oz)	2 grains, 1 meat, 4 fats

Fast Foods

Fast foods are also difficult to account for because they contain a lot of hidden fat. A brief list of equivalents is provided. For more information, ask for the nutrition information at the restaurant or refer to your calorie counting book.

As for the “Fast Food Group,” a list of occasional use foods is provided for you to incorporate these foods within your food groups. It is important to remember that these foods do not have the same nutritional value as the foods they are replacing - they are “empty” calories or have low nutrient density. So, invest your calories wisely and limit your quantity and frequency of selections from this list.

Fast Foods	Serving Size	Choices per Serving
Burritos with beef	1	3 grains, 1 meat, 1 fat

Chicken nuggets	6	1 grain, 2 meats, 1 fat
Chicken breast and wing, fried	1 each	1 grain, 4 meats, 2 fats
Fish sandwich/tartar sauce	1	3 grains, 1 meat, 3 fats
French fries	1 medium serving (5 oz)	4 grains, 4 fats
Hamburger, regular	1	2 grains, 2 meats
Hamburger, large	1	2 grains, 3 meats, 1 fat
Hot dog with bun	1	1 grain, 1 meat, 1 fat
Individual pan pizza	1	5 grains, 3 meats, 3 fats
Pizza, cheese, thin crust	1/4 12 inch	2 1/2 grains, 2 meats
Pizza, meat, thin crust	1/4 12 inch	2 1/2 grains, 2 meats, 1 fat
Soft-serve cone	1 small (5 oz)	2 1/2 grains, 1 fat
Submarine sandwich	1 sub (6 inch)	3 grains, 1 veg, 2 meats, 1 fat
Submarine sandwich (less than 6 grams fat)	1 sub (6 inch)	2 1/2 grains, 2 meats

Occasional Use Foods

Occasional use foods should be used in moderation. With careful planning, you can incorporate these foods into a healthy meal plan.

Occasional Use Foods	Serving Size	Choices per Serving
Angel Food Cake, unfrosted	1/12th cake	2 grains
Brownie, small, unfrosted	2 inch square	1 grain, 1 fat
Cake, unfrosted	2 inch square	1 grain, 1 fat
Cake, frosted	2 inch square	2 grains, 1 fat
Occasional Use Foods	Serving Size	Choices per Serving
Cookie, fat free	2 small	1 grain
Cookie or sandwich cookie w/creme filling	2 small	1 grain, 1 fat

Cupcake, frosted	1 small	2 grains, 1 fat
Doughnut, plain cake	1 medium	1 1/2 grains, 2 fats
Doughnut, glazed	3 3/4 inch across	2 grains, 2 fats
Energy, sport, or breakfast bar	2 oz	2 grains, 1 fat
Fruit juice bars, frozen, 100% juice	1 bar	1 fruit
Fruit snacks, chewy	1 roll	1 fruit
Fruit spreads, 100% fruit	1 Tbsp	1 fruit
Gelatin, regular	1/2 cup	1 grain
Granola bar	1 bar	1 1/2 grain
Ice cream	1/2 cup	1 grain, 2 fats
Ice cream, light	1/2 cup	1 grain, 1 fat
Ice cream, fat-free, no sugar added	1/2 cup	1 grain
Jam or jelly, regular	1 Tbsp	1 grain
Milk, chocolate, whole	1 cup	2 dairy, 1 fat
Pie, fruit, 2 crusts	1/6 pie	2 grains, 1 fruit, 2 fats
Pie, pumpkin or custard	1/8 pie	2 grains, 2 fats
Potato chips	12 - 18 (1 oz)	1 grain, 2 fats
Pudding, regular (w/reduced fat milk)	1/2 cup	1 grain, 1 dairy
Pudding, sugar-free (w/reduced fat milk)	1/2 cup	1 grain
Salad dressing, fat free	1/4 cup	1 grain
Sherbet, sorbet	1/2 cup	2 grains
Spaghetti or pasta sauce, canned	1/2 cup	1 grain, 1 fat
Sports drinks	8 oz (1 cup)	1 grain
Sweet roll or danish	1	2 1/2 grains, 2 fats
Syrup, light	2 Tbsp	1 grain
Syrup, regular	1 Tbsp	1 grain
Tortilla chips	6 - 12 (1 oz)	1 grain, 2 fats
Yogurt, frozen, low-fat, fat-free	1/3 cup	3 grains, 0-1 fat
Yogurt, frozen, fat free, no sugar added	1/2 cup	1 grain
Yogurt, low-fat with fruit	1 cup	3 grains, 0-1 fat
Vanilla wafers	5	1 grain, 1 fat

Calorie Counting

Your nutrition counselor calculated your calorie needs. Write in the number of calories you need to maintain and lose weight here.

Calorie level for weight loss: _____
Calorie level to maintain weight: _____

Fat is a very condensed source of calories which is used by the body very efficiently. Most health authorities agree that the American diet is too high in fat, saturated fat and cholesterol. It was reported that total fat and saturated fat provided on average 34% and 12% of calories respectively for people 2 years and older. Experts recommend that total fat provides less than 30% of total calories and saturated fat provide less than 10% of total calories in our diet. Only 21 - 25% of adults meet this goal. Do you?

While fat is important, total calories is the most important factor for weight loss. Many low fat and fat free foods are available; however, it is possible to eat very few grams of fat and still eat too many calories. In this program, you will be tracking total number of calories.

If you choose this strategy, buying a calorie counting book is essential to your success. These books are available at any local bookstore. Not any one book is right for everyone. Before buying one, look up several of your most commonly eaten foods and make sure the book includes these foods.

Food Label Exercise

Nutrition Facts			
Serving Size 1 cup (228g) Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
		% Daily Value*	
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

← Serving information. Compare it to the amount you actually eat.

← Total calories and fat calories per serving. Helps consumers meet guidelines of getting no more than 30% of the total calories in their overall diet from fat.

← % Daily Value shows if a food contributes a little (5% or less) or a lot (20% or more) of nutritional value to your daily diet. The list of nutrients covers those most important to the health of consumers.

← These nutrients are lacking in many diets and getting enough of them can improve health and help reduce the risk of some diseases.

← Footnote - information same on all food labels regardless of the food. It is a dietary guideline for all Americans. Your actual needs may vary, depending on age, activity level, etc.

To check your knowledge of the food label, complete the following questions.

1. Which of the following are true about the **serving size** listed on the Nutrition Facts label:

- It generally reflects the amount eaten at one time.
- It is useful in making comparisons with similar foods.
- The amount of calories and nutrients listed is per serving, not per package.
- All of the above are true.

2. The product in the above label contains 46% of calories from fat. When a food is high in total or saturated fat, it is occasionally okay to eat it if you balance it with foods low in fat at other times of the day.

- True
- False

3. Which two nutrients listed in the footnote do not change *regardless* of calorie level?

- a. _____ b. _____

4. Limiting total fat to include saturated and trans fat, and cholesterol along with sodium can help reduce the risk of some chronic diseases like heart disease, some cancers, and high blood pressure. Manufacturers are required to list saturated fat on their labels along with what other types of fat?

- a. Cholesterol
- b. Polyunsaturated and Monounsaturated fats
- c. Trans fat (currently voluntary but becomes mandatory 1 Jan 06)
- d. A and C
- e. All of the above

5. Which of the following are true about *trans* fats (AKA trans fatty acids)?

- a. A type of fat formed when a liquid oil is turned into a solid fat – a process called hydrogenation.
- b. Found in shortening, some margarines, and many types of crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings, and other processed foods.
- c. Like saturated fat, they can raise low-density lipoprotein (LDL or "bad") cholesterol that increases your risk of coronary heart disease.
- d. All of the above

6. 2,400 mg of sodium a day is the maximum recommended intake for all calorie levels. 2,400 mg of sodium is equal to about what measurement in table salt?

- a. 1 level tsp
- b. 1/2 level tsp
- c. 1/4 level tsp

7. When looking at the Nutrition Facts label, the "sugars" category tells you how much:

- a. White sugar has been added
- b. Natural sugars are in the food like the type found in fruit and milk
- c. Other sweeteners, like honey, have been added
- d. All of the above

Please see answer key in Appendix D.

Are You Thinking About a High Protein/Low Carbohydrate Diet?

The low carbohydrate diet "craze" continues to gain momentum within mainstream media. Some of these diets limit total daily carbohydrate intake to just around 20 grams. The dieter maintains this strict low carbohydrate intake for a minimum of two weeks, at which point certain carbohydrate containing foods are gradually re-introduced into the diet.

Almost everyone knows someone (maybe even you) who has tried the high protein/low carbohydrate diet. Short-term research has shown that the high protein/low carbohydrate diet can produce significant reductions in body weight, serum cholesterol, glucose, and triglyceride levels. Some dieters achieve lower blood pressure and some who have diabetes often experience marked improvement in their serum glucose levels. In addition, dieters often report not feeling hungry while they follow the diet.

Despite these apparent (and compelling) benefits from the high protein/low carbohydrate diet, you should be sure to consider some potential drawbacks. First of all, the initial, rapid weight loss experienced while on the high protein/low carbohydrate diet is predominantly a result of depleted glycogen stores from muscles and the liver. For every gram of glycogen removed from storage you lose 2-3 grams of water. If you go off the diet, the lost water weight will return just as rapidly. The nutritional composition of the high protein/low carbohydrate diet is quite poor. While taking the multivitamin on a daily basis may help alleviate dietary shortfall, research continues to find that dietary sources of vitamins and minerals (not supplements) produce the greatest health benefit. The cornerstone of physical performance (i.e., your run time) involves optimal glycogen stores. Given that the high protein/low carbohydrate diet depletes glycogen stores, physical performance, in the short term, will likely suffer dramatically. If you live in a hot-humid environment, the dehydrating effect of the high protein/low carbohydrate diet can greatly increase your risk for developing dehydration, which can further impair physical performance, as well as be potentially life-threatening.

Reductions in appetite, body weight, serum lipid levels, glucose levels, and blood pressure can all be achieved equally as well, by following a calorie controlled, high fiber diet as you have learned throughout the BCIP program, without subjecting yourself to the unnecessary risks posed by the high protein/low carbohydrate diet. Be sure to examine the “10 Best Reasons a Low-Carb Diet is Wrong”, included in your healthy living workshop participant program guide, for additional considerations.

Keeping an Accurate Food Record

Keeping a food record is one activity which is associated with long term weight loss success. This is the best way to assess your own eating habits to determine where your calories are coming from. Monitoring your normal eating habits first aides in determining what dietary changes will give you the biggest bang for the buck. Lots of weight loss guides speak in generalities, but it is only after looking at an outline of your typical eating habits that you can make informed decisions regarding what to change first and how important that change may be. For example, it is not very important for an individual to switch to fat-free milk if they drink only half a cup a day. It may be very wise for an individual drinking a six-pack of soda providing approximately 930 calories and few nutrients to switch to a low calorie beverage. What changes in your typical eating habits will lead to long-term weight loss?

You will be provided a food record to record what you eat, how much, time of day, calorie content (from the label or a calorie guide), and comments on possible triggers for eating other than hunger. This food record will help you to examine what you eat and the context within which you eat. Examining these food records each week will help you to learn more about your eating habits and what modifications will help you the most. During class, numerous strategies to use to improve your diet and the benefits and limitations of each will be introduced and discussed. Try a variety of strategies. You may learn something different from each. Your food record will help you to implement these strategies.

Tips on Keeping an Effective Food Record

Record everything

Everything you eat and drink goes in the food record. Measure beverages in cups or ounces; record finger foods in number of pieces. Give so much detail your nutrition counselor would be able to reproduce the item you ate from scratch. Don't forget the foods you eat standing up or at your desk! This will enhance your

awareness of what you typically eat in a day and when, and calorie contribution. You may be surprised.

Record on-the-spot

Write down what you have eaten immediately after you eat it. Cramming to write it all down the day before or the minute before class does not allow the food record to serve its purpose. You quickly forget what you have eaten, especially if it was not planned into the day. If keeping a timely food record is difficult for you, make this your goal. There are a few internet sites provided during the Healthy Living Workshop for keeping the food record on the computer or hand held device is more convenient and conducive to your lifestyle. Remember, this is a tool for **you**, not just for your nutrition counselor.

How is my Food Record?

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
Morning	Cereal	1 bowl		
	Milk	1 glass		
Noon	Sandwich	1		
	Chips	1 bag		
	Soda	1		
Dinner	Chicken	2 pieces		
	Baked Potato	1		
	Vegetable	1 spoon		

Total Daily Calories

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
0730	Cheerios	1 1/2 cup		
	Nonfat milk	1 cup		
	Orange juice	8 oz		
1230	Sandwich with			
	Turkey	3 oz		
	Cheese	2 oz		
	Mayo, lite	2 Tbsp		
	Regular Pepsi	24 oz		
1730	Fried chicken	8 oz		
	Mashed potatoes	1 cup		
	Green beans	1 cup		
	Water	12 oz		
	Vanilla ice cream	2 cup		

Total Daily Calories

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

BCIP Class #1 Exercise #2 - Daily Menu

BREAKFAST

Total Calories

1 1/3 cup low fat granola
1 cup whole milk
1 cup orange juice
1 cup coffee with 2 Tbsp cream

LUNCH

Whopper with cheese
Medium order fries
Medium Soda

SNACK

Bag microwave popcorn

SUPPER

12 oz T-bone steak
Large baked potato
2 Tbsp margarine
1 cup green beans

SNACK

2 cup ice cream

TOTAL CALORIES: _____

Chapter Three

BCIP Class Two Putting Good Nutrition Into Practice



Exercise #1 - Critical Analysis of Food Record

Assess Your Eating Style for Extra Calories

Think about your eating patterns and habits: what, how much, when, where, and why do you eat? For each of these questions, check the box that best describes your eating habits.

WHAT do I usually eat?

- ☐ Deep fat fried and breaded foods.
- ☐ "Extras" such as salad dressings, potato toppings, spreads, sauces and gravies.
- ☐ Sweets and rich desserts such as candies, cakes and pies.
- ☐ Snack foods high in fat and sodium, such as chips and other "munchies."
- ☐ Cocktails, wine and beer.

HOW MUCH of the above foods do I usually eat?

- ☐ A single, small serving.
- ☐ A large serving.
- ☐ Two servings or more.

WHEN do I usually eat?

- ☐ At mealtime only.
- ☐ While preparing meals or clearing the table.
- ☐ While watching TV or participating in other activities.
- ☐ At coffee break.
- ☐ Anytime.

WHERE do I usually eat?

- ☐ At the kitchen or dining room table.
- ☐ At restaurants or fast food places.
- ☐ At my desk.
- ☐ In front of the TV or while reading.
- ☐ Wherever I happen to be when I'm "hungry."

WHY do I usually eat?

- ☐ It's time to eat.
- ☐ I'm hungry.
- ☐ Foods look tempting.
- ☐ Everyone else is eating.
- ☐ Food will get thrown away if I don't eat it.
- ☐ I'm bored, frustrated, nervous, or sad.

Look at the boxes you checked for "what" and "how much" you eat. Do they provide any clues to where your extra calories come from? Your answers to "when,

where, and why” you eat are important too. They often influence whether, what, and how much you eat.

Are any habits due for a change? Think of ways to modify “problem habits.” If, for example, you often nibble while doing other things, make an effort to plan your meals and snacks ahead of time. When eating at home, eat only while sitting at the kitchen or dining room table. If candy bars from the vending machine at your office are a problem, bring a low calorie snack such as fruit from home. If you often eat because you are bored or frustrated, think of other activities to get your mind off food — walk, call a friend, or work on a craft to keep your hands busy.

BCIP Class#2

Exercise #2 - Dealing with Daily Challenges

Duty Calls Donna

Food Record

Date:

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
1100	Coffee	2 cups	0	Missed breakfast with family
1500	Double whooper with cheese		1,070	In a hurry to get to work
	Large Fries		600	
	Large Coke	16 oz	330	
1800	Coke and peanuts	12 oz / 2 oz	150 90	Zero chance to eat a meal at work
2200	Coffee and candy bar		240	Zero chance to eat a meal at work
0100	Pepperoni pizza	4 Slices	760	I WAS STARVING!
	Cheesy bread sticks	2	125	
	Beer	12 oz	200	
	Ice creams (Ben & Jerry's)	Medium bowl	420	

Total Daily Calories 3,985

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

Comfort Connie

Food Record

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
0630	Coffee	2 cups	0	
0830	Coffee and glazed doughnut	1	200	Feeling bad not contributing to fund
1115	Snapple	16 oz	240	Report due in 30 min, only half way thru-so eat from vending machine
	Peanut M&M's	Small bag	260	Got snack to get me thru
	Cheese crackers	1 pkg	280?	
1500	Diet Coke and cookies	4 cookies	275	Feel like I deserve a treat because it has been a hard day and I'm really hungry
1930	Kraft Mac and cheese	2 cups	456	
	Hot dog with bun	1	180	
2115	Large bowl of ice cream with chocolate syrup	1 cup 3 Tbsp	280 165	Wanted treat----feeling exhausted NO TIME FOR ME

Total Daily Calories 2,336

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

Forget It Frank

Food Record

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
0700	Balance bar	1	210	
	Coffee	3 cups	0	
1000	Tuna with crackers	1 kit	210	
1145	Baked chicken	3 oz	165	
	Steamed broccoli	½ cup	25	
	Salad	Large	50	
1500	Cake	Large	350	BLEW IT! So disappointed in myself
	T-Bone steak	12 oz	900	I might as well finish out the day with a bang.
	Baked potato—LOADED	8 oz	440	
	Margarine	2 Tbsp	50	
	Cheese	1 oz	110	
	Sour cream	4 Tbsp	104	
	Beer	4	800	

Total Daily Calories 3,414

Food Group	Servings	Food Group	Servings
Fruits	— — — —	Vegetables	— — — —
Breads, Cereals, etc.	— — — — — — — —	Milk, Yogurt, and Cheese	— — — —
Meat, Poultry, etc.	— — — —	Water	— — — — — — — —

Busy Bob

Food Record

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
1700	Tostitos and Salsa	½ bag	530	Haven't eaten all day!
1900	BBQ Ribs	1 rack	650	Starving! Time to eat!
	Roll	1 roll	89	
	Butter	1 Tbsp	36	
	Corn on the Cob	1 Ear	158	
	Beer	12 oz	156	
	Baked Potato	8 oz	180	
	Sour Cream	3 Tbsp	78	
	Butter	2 Tbsp	72	
	Bacon Bits	1 Tbsp	25	
	Cheese	1 oz	110	

Total Daily Calories **2,344**

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

Grace the Grazer

Food Record

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger
0730	Nutri-grain bar	1	130	
0900	Peanut M&M's	1 bag	240	Stressed!
1000	Baked Doritos	Small bag	170	
1030	Orange	1	90	
1100	6" Turkey Subway sub	1	360	
1230	Hard candy (from desk)	10 pieces	100	Didn't mean to have this much...Ugh. I just wanted a little pick-up after a tough meeting.
1330	Pretzels	2 oz	160	
1500	Birthday cake (just a taste)	Sliver	120	Wow. This was more calories than I expected when I looked it up.
1730	Cheese Crackers	3 oz 12	330 65	
	Peanuts	¼ cup	170	
1900	Hamburger Diet Coke	1 12 oz	290 0	
2100	Chocolate chip cookies	2 large	180	I feel anxious about a deadline tomorrow and my sweet tooth strikes again.

Total Daily Calories 2,404

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

BCIP Class #2

Exercise #3 - Planning Ahead for Success

Working Parent:

You drop your child off at daycare, arrive at work, and must be at a meeting 30 minutes later. How will you get breakfast?

You have meetings from 1130-1300 hours. How will you get your lunch?

You have to pick the children up after work and get them to their after school activity. You get home late. How will you get dinner?

Dorm Resident:

You wake up late and must be at work by 0700 hours. How will you get breakfast?

You have 45 minutes for lunch and the dining hall is across base. How will you get lunch?

You get off work at 1600 hours and the dining hall closes at 2000 hours. How will you get dinner?

Shift Worker:

You wake up for work around 1700 hours and you have to leave for work around 2300 hours. How will you get your first meal of the day “breakfast”?

You work from 0001-0900 hours and you get your “lunch” break around 0430 hours. How will you get your “lunch”?

You get off of work at 0900 hours. How will you get “dinner”?

Demanding Schedule:

You work out at 0530 hours, leave for work at 0645 hours, and begin your day around 0715 hours. You have a meeting at 0745 hours. How will you get breakfast?

You have appointments from 0900-1130 hours then you have to be at a meeting at 1130 hours that lasts until 1300 hours. When you get back from your meeting, there is another meeting from 1300-1400 hours. How will you get lunch?

You work late and don’t get home until 1800 hours, you are completely exhausted. How will you get dinner?

TDY:

You are TDY and have no idea what food is available. You do know that your day will begin at 0700 hours. How will you get breakfast?

You know you will have lunch from 1100-1300 hours. How will you get lunch?

Your day will end at 1600 hours and you do not have a car. How will you get dinner?

BCIP Class #2
Exercise #4 - Healthy Menu Choices
Club Dinner Buffets

Please select the healthiest menu options from the list of club menus below.

1. Classic Club Buffet

Tossed Greens with Tomatoes, Cucumbers, Carrots, and Choice of Dressings
Macaroni Salad
Classic Crispy Cole Slaw
Carved Steamship or Top Round of Beef with Horseradish Cream
Sliced Smoked Ham with Rum Raisin Sauce
Sliced Roast Turkey with Gravy and Stuffing
Oven Roasted New Potatoes
Buttered Peas and Carrots
Warm Fruit Cobbler
Freshly Baked Rolls with Butter
Coffee and Tea Service

2. Northwestern Three-Meat Buffet

Sliced Roast Beef, Baked Chicken and Honey Glazed Ham
Tossed Greens with Tomatoes, Cucumbers, Carrots and choice of dressings
Choice of Potato
Choice of 2 Vegetables
Freshly Baked Rolls with Butter
Coffee and Tea Service

3. Texas Buffet

BBQ Brisket, BBQ Chicken, and BBQ Sausage
Potato Salad, Cole Slaw, Relish Tray
Pinto Beans and Texas Toast
Coffee and Tea Service

4. South of the Border

Greens with Tomatoes and Onions Tossed with House Dressing
Beef Taquitos
Chicken Fajitas with Warm Flour Tortillas
Shredded Pork Enchiladas with Salsa Verde
Refried Beans
Mexican Rice
Traditional Flan
Sliced Fruits
Coffee and Tea Service

5. The Cowboy Western

Crisp Cole Slaw
Green Salad with Ranch Dressing

Jalapeno Cheese Poppers
Barbecued Chicken and Sausage
Baked Beans
Sweet Cornbread with Honey Butter
Fruit Cobbler
Coffee and Tea Service

6. Endless Summer Beach Party

Tossed Greens with Veggies and House Dressing
Classic Potato Salad
Sour Dough Rolls and Butter
Grilled Burgers and Hot Dogs with all the trimmings
Steamed Corn on the Cob
Sliced Seasonal Fruit
Iced Tea and Coffee Service

7. The Wacky Tourist Luau

Cucumber Kim Chee
Oriental Salad
Teriyaki Beef Sticks
Hawaiian-Style Huli Huli Chicken
Kalua Pork with Cabbage
Stir Fried Vegetables
Steamed White Rice
Pineapple Upside-Down Cake
Coffee and Tea Service

8. Jazz Club Dinner Buffet









Fancy Greens with Toasted Walnuts and Raspberry Vinaigrette
Chilled Shrimp on Ice with Cocktail Sauce and Lemons
Steamship Round of Beef with Au Jus
Grilled Chicken Breast with Brown Wine Sauce
Chef's Vegetables
Roasted New Potatoes
Assorted Sensational Sweets
Coffee and Tea Service

Choosing a Weight Loss Partner

Research has shown that some people who receive support from those around them do better in achieving their weight loss goals. Many people are not sure how to elicit support from others, are afraid to ask for it, or are not sure how to communicate their needs to others.

To start with, not every one wants or needs a weight loss partner. It depends on whether you are a “social changer” or a “solo changer.” If you are someone who tells others when you start a diet or wish others would be more helpful when you start trying to improve your lifestyle habits, you are probably a “social changer.” If you are someone who does not tell anyone when you start a diet and wants no one to know of your efforts, you may be a “solo changer” and may not want a weight loss partner or may actually feel annoyed if someone asks how you are doing. It is up to you to determine whether a partner would help or hinder your progress.

Typically, a weight loss partner is a spouse, friend, or co-worker. They do not have to be overweight, but they should be willing to help you achieve your goals. They may provide companionship when you walk or do exercise, be a cheerleader and help you celebrate your successes, watch the children gladly while you exercise, take a course with you to get you out of the house or out of temptations way or just be willing to talk to you when you need some support. Dr. Kelly Brownell, a well known researcher in the area of lifestyle change, suggests you ponder the following statements to determine if the person you have in mind would be an appropriate weight loss partner.

-  It is easy to talk to my partner about weight.
-  My partner never says critical things about my weight.
-  My partner is always there when I need a friend.
-  My partner will be genuinely interested in helping me with my weight.
-  I could talk to my partner even if I was doing poorly.
-  When I lose weight and look better, my partner will be jealous.
-  My partner offers me food when he or she knows I am trying to lose weight.
-  My partner has always been thin and does not understand my weight problem.

If you have some concerns after you think about your response to these statements, discuss them with your partner or select another person to help you. You must talk to your potential partner to see if they are willing and have the time and energy to help you at this time. Explain your goals. Specify exactly how you

think your partner can help you (many of us expect our partners to be able to read our minds and get angry when they don't do what we wish). State your requests in a positive manner. For example, instead of saying "Don't nag me about my weight", it might work better to say "It helps when you comment on my success" or "I appreciate the times when you don't offer me food." If your partner is not trying to make lifestyle changes with you, see if there is something you can help them with to ensure the partnership is a two-way street.

Your family can do much to help you be successful in changing your lifestyle. Family members who keep a positive attitude throughout the long weight loss process can make the program easier to follow. Willingness of family members to exercise with you or participate in new activities with you makes the change process easier. For example, getting out as a family and going for walks, picking berries, dancing or swimming is both healthy and fun. Others helping with daily chores and cooking can make your day less hectic and meal times more enjoyable.

Frequently there is someone in class with similar goals who would be a good partner. Take time to exchange phone numbers and e-mail addresses:

BCIP Healthy Lifestyle Support Contract

Dear _____,

I am trying to change my eating and exercise habits. Your support would be very helpful to me. Below are some specific ways you can be of the most help.

_____ When we eat out, please suggest places with healthy selections or offer to split an entrée with me.

_____ Avoid nagging or policing me with regard to what I eat or how much I exercise. I often feel more like breaking my eating/fitness plan when I feel nagged or policed.

_____ Help reduce temptation. It would be very helpful if you avoided eating _____ around me for 2-3 months until my eating changes become habit.

_____ Distracting me from less healthy eating opportunities is helpful. Offer to do a non-food related activity such as go for a walk, watch a movie, or going to the mall.

_____ Invite me to be more active with you. For example, ask me to run or walk with you at lunch or in the evenings.

_____ Encourage me when you see me changing my habits. If you notice I am consistently making more healthy choices, an occasional compliment would feel good.

_____ Please be patient with me if I appear to be struggling with my eating and/or exercise change. Any change can be stressful and I may have ups and downs related to my effort.

_____ Other:

_____ Other:

_____ Other:

Thank you very much for your help. Your support is going to help make my eating changes easier.

Sincerely,

Advance Food Record Analysis

Food Record: Ideas for Healthful Behavior Changes

Maintaining a food record is difficult, but the longer you do it, the easier it becomes. You have already kept the food record for 2 weeks and focused on keeping an accurate food record, measuring portion sizes, and counting your calories.

During the next eight weeks, we encourage you to continue to keep a food record but take it to the next level. You can make long-term lifestyle behavior changes through advanced food record analysis. For each week, choose from the sample of behaviors listed below. Pick the behaviors that fit your goals and could be obtained but would require some effort.

Use your food record to evaluate your progress toward this goal in addition to adding up your calories. The items listed for each week are suggestions so you can choose other ideas from the various weeks.

Week 3:

This week I will focus on:

- ☐ Eating from the 5 food groups each day
- ☐ Identifying the triggers that make you eat (see page 67, The ABC Approach to Behavior Change)
- ☐ Drink 64 oz or more of water each day
- ☐ Take stairs instead of the elevator
- ☐ Other: _____

Week 4:

This week I will focus on:

- ☐ Eating 3-5 servings of vegetables
- ☐ Doing nothing else while eating
- ☐ Eating only in one place
- ☐ Not cleaning my plate
- ☐ Parking far away from buildings and walking the distance
- ☐ Other: _____

Week 5:

This week I will focus on:

- ☐ Eating at least 2 servings of fruit each day
- ☐ Putting my fork down between bites
- ☐ Pausing during meals
- ☐ Taking 20 minutes to eat my meals
- ☐ Walking for 15 minutes after dinner
- ☐ Other: _____

Week 6:

This week I will focus on:

- ☐ Measuring my progress toward my goals from BCIP #2
- ☐ Setting new goals
- ☐ Shopping on a full stomach
- ☐ Grocery shopping from a list
- ☐ Eating foods that require preparation
- ☐ Other: _____

Week 7:

This week I will focus on:

- ☐ Consuming 2-3 daily servings from the milk group
- ☐ Hiding high-calorie foods (out of sight, out of mind)
- ☐ Keeping healthy foods in sight
- ☐ Avoiding statements using the words *always, must, every and never*
- ☐ Before putting food in your mouth, ask if you are really hungry or eating for other reasons such as boredom, nervousness
- ☐ Other: _____

Week 8:

This week I will focus on:

- ☐ Removing serving dishes from the table
- ☐ Leaving the table after eating
- ☐ Serving one portion of food
- ☐ Waiting 5-10 minutes before having seconds
- ☐ Avoiding dispensing food
- ☐ Other: _____

Week 9:

This week I will focus on:

- ☐ Refusing offers to eat
- ☐ Avoiding empty calorie foods
- ☐ Eating high fiber foods
- ☐ Trying a different exercise
- ☐ Other: _____

Week 10:

This week I will focus on:

- _____ When eating out, taking half home
- _____ Asking the waiter to leave sauces/condiments on the side
- _____ Planning my meals at least a day, preferably a week in advance
- _____ Sharing my meal with a friend
- _____ Other: _____

Week 11:

This week I will focus on:

- _____ Identifying high-risk situations that make me want to eat
- _____ Overcoming the urge to overeat
- _____ When I get an urge to eat, trying another activity
- _____ Evaluating my goals and setting new realistic goals
- _____ Other: _____

The ABC Approach to Behavior Change

There are many types of events, situations, times or feelings which trigger certain activities or behavior. For example, write in the common way for you to respond in the following situations:

The phone begins to ring	
You're driving and see a red light	
You fill up the fifth number in a row on a BINGO card	
Your co-worker brings a box of donuts to work at 0730 hours	
Your 8 year old makes her first batch of chocolate chip cookies	
You walk past a bake sale at 1400 hours (and you did not have lunch)	
You see a juicy TV food commercial	

This type of response frequently makes life easier. However, sometimes these automatic responses or habits need to be changed, especially if they result in something undesirable such as weight gain. Frequently, your behavior is so automatic that you do not realize that a behavior pattern exists which needs to be changed. For this reason, examining a food record that documents events and feelings which surround episodes of overeating may help identify responses you could alter to avoid a lapse.

The ABC approach to studying behavior helps you to better examine your lifestyle and identify trigger events, feelings and situations which may inadvertently lead you to overeat. The ABC acronym stands for **A**ntecedents, **B**ehavior and **C**onsequences and helps analyze trigger situations, feelings and events. Trigger events might include travel, preparing or waiting for dinner, going to a party, bowling, or going to the movies. Making continuous lifestyle change means that on occasion, trouble spots which frequently repeat themselves must be analyzed and corrective actions taken. The ABC approach helps to guide your analysis. List situations, feelings, and events that precluded or contributed to a lapse (antecedents), things that occurred during the lapse (behavior), and consequences of the lapse. The following is an example; John is tired after a long day and has no plans for dinner. His son has a sporting activity at 6 pm and he passes Burger King on the way home. He stops and quickly orders and eats a whopper, fries, and Coke. When he gets to the game, he wishes he had not eaten so much and feels guilty. The **Antecedents** were feeling tired, having no dinner planned, and passing Burger King. The **Behavior** during the meal was eating quickly until he was full.

The **Consequences** were feeling uncomfortably full and guilty about the amount of calories and fat he ate.

The following charts list numerous behaviors which effect weight and are categorized as things done before you eat (antecedents), while you eat (behavior), and after you eat (consequences). Examine these lists and your past food records. Can you relate to any of these ABCs? Look at the “behaviors to do more often” list.

A is for ANTECEDENTS: Events, feelings and situations which occur before eating which increases fat and/or calorie intake.

BEHAVIORS TO DO LESS OFTEN	BEHAVIORS TO DO MORE OFTEN
Don't plan meals; make grocery list randomly	Plan meals; make list to fit
Shop without a list & when hungry	Shop after eating, with a list
Buy easily prepared/ready to eat high calorie food	Buy ready to eat foods low in fat and calories
Don't prepare own lunch/snacks for work; rely on vending machines/eating out	Prepare own lunches and snacks and research low calorie restaurant options
Don't plan what to order when eating out in advance	Think about menu options beforehand; order a la cart
Give self little time for meal preparation & eating; force to eat on the run	Schedule time for meal preparation & to enjoy meals
Have high calorie foods visible & easily accessible	Store high calorie foods out of sight and fruits and vegetables in easy reach
Don't anticipate difficult situations & don't plan how to deal with them	Realize your “high risk” situations; practice options
Drink a lot of alcohol before meal	Limit alcohol to fit meal plan
Think of food plan as “terrible”, “too hard”, or “too much work”	Think of food plan as “wise”, “healthy”, and “possible”
Think “I've got to lose 10 lbs this week”	Focus on eating healthy & exercise goals this week

B Is for BEHAVIOR during eating which increases calorie intake.

BEHAVIORS TO DO LESS OFTEN	BEHAVIORS TO DO MORE OFTEN
----------------------------	----------------------------

Eat in a great variety of places (couch, car, bed desk)	Confine eating to one place (table)
Eat quickly and without utensils	Eat slowly and with utensils; put fork down between bites
Do many other things while eating (reading, watching TV, driving)	Only eat while eating; pay attention to how your food tastes; enjoy
Eat when emotionally upset	Relax before eating; use other options to manage emotions
Serve food “family style” at the table	Serve portions before sitting; plan an activity right after the meal
Don’t chew food well	Chew food thoroughly; take time to taste your food
Don’t eat breakfast	Eat breakfast; 3 meals/day
Eat according to urges	Eat according to time schedule
Expect to be served; eat everything you are given	Serve self; leave something on your plate; <u>you</u> control your intake
Think “ I need ... (sweets, chips, etc.)”	Think “ They would taste good, but I could do without them”
Think “I blew it anyway” or “this is the weekend”	Think “ I can get back on track now”; “weekends count too”
Eat only old favorites	Experiment with new, healthy foods & recipes

C is for CONSEQUENCES of overeating which contributes to future lapses.

BEHAVIORS TO DO LESS OFTEN	BEHAVIORS TO DO MORE OFTEN
Feel terribly guilty for any slips	Recognize slips & problem solve
Conclude that changing is “hopeless”	Think “ I can learn from slips and recover”
Only think about slips and not successes	Recognize times you stay on plan & compliment and reward self
Don’t build in a reward plan	Reward self for daily success
Make reward too long to wait for or give it to self anyway	Make reward frequent & only if you meet goals
Think of how wonderful high calorie food tasted	Think of taste together with healthiness of food
Avoid considering health penalty for high fat/calorie food	Remind self of benefits healthy foods give to your body
Ignore progress or weigh self every day	Graph progress weekly

Appendix A - Eating on the Run.....

Tips for Eating Out

Quick and Easy Ideas for Meals

Time is likely to be the scarcest and most coveted commodity now and in the future. Many activities compete with eating for time in our fragmented schedules. Skipping breakfast to catch a meeting or running errands during lunch are examples. Revolving dinner schedules are replacing family meals. All of these factors are replacing traditional meals. In a 1990 Gallup poll, 64% of the people surveyed combined eating with another activity such as “working lunch”, reading, and watching TV. In another pool, over 1/3 of adults said they rarely have 30 minutes to fix a meal. One out of four adults said speed and ease of preparation are the most important factors when buying food.

Ponder this...in Europe, food is judged for how it tastes. In America, good food often means a lot of food! Surveys show we watch 22-24 hours of TV a week, yet many say they do not have time to shop or fix meals. Most restaurant portions are 2 to 2 1/2 times what the average American needs. Eating out used to be a social event but now it is an every day occasion for nearly half of all Americans. If you eat out regularly, this could effect your health and weight.

Few people actually cook...they do more “assembling” type food preparation. But don’t be embarrassed if you don’t cook. Many people feel that if they don’t eat perfectly they are better off ignoring the whole issue, waiting until they really will have time....someday. Wrong! Don’t try to be a perfectionist. One bad food, one bad meal, or one off day will not make or break you nutritionally. It’s what you eat on a consistent basis that counts. Here are some myths which could give you a nutritional inferiority complex:

Myth 1: You need to have 3 square meals for optimal nutrition.

Myth 2: If meals are not cooked or hot, they are inferior, especially lunch or dinner.

Myth 3: Snacking is unhealthy and leads to weight gain.

Myth 4: If you eat out often, rely on frozen meals; and if you eat fast food, you are doomed to poor health.

Myth 5: Eating healthy takes a lot of time.

Many times when you don’t have time to eat a meal, you have a quick small meal or snack instead. You may even find yourselves snacking throughout the day and not even eating a meal. This is called grazing and for some people grazing can be a practical way to eat...it is certainly better to have small, frequent meals versus skipping meals. Grazing is commonly associated with weight gain. Grazing can actually help people control or lose weight as long as ‘what is eaten’ is considered. When foods are carefully selected, grazing can be a good way of eating. If you find yourself missing meals because you are afraid to graze, here are some of the consequences of skipping meals:

- Metabolism slow down
- Lowered energy and performance level
- Feeling 'shaky'
- Slowed down decision-making process
- Increased chances of eating high calorie food when overly hungry
- Overeating when overly hungry

Successful grazing means eating every 5 hours (3-4 hours is best) and making each choice a healthy one. The way to do this is to PLAN, PLAN, PLAN.

Ideas For Quick Meals and Snacks

Here are some quick ideas that do not require a detailed recipe.

Breakfast

- Spread a thin layer of old-fashioned peanut butter on whole wheat toast.
- Top a bagel with light or fat-free cream cheese.
- Make a breakfast yogurt by mixing nonfat yogurt with fresh fruit and a cereal, such as Grapenuts.
- Try low sugar jam on toast, pancakes, or French toast to replace margarine and/or syrup. Applesauce or low-sugar canned pie filling is also good on pancakes.
- Use non-stick cooking spray for cooking pancakes, French toast, and eggs. (A healthy alternative that also makes clean-up a cinch!)
- Serve low fat cottage cheese with fruit.
- Make a breakfast pizza by toasting an English muffin half then topping it with pizza sauce and 1/2 ounce of part skim mozzarella cheese. Broil until cheese melts.
- Make an omelet with egg substitute and top with salsa. Also try it with mushrooms or other vegetables.
- Use fat-free milk and fresh fruit with a whole grain cereal that has less than 3 grams of fat per serving.

Lunch and Dinner

- Make a cold plate in the summer of sliced fresh fruit with 1% cottage cheese or sliced lean meats, low fat cheese, and vegetables.
- Top tossed salads with kidney or garbanzo beans.
- Fill heated tortillas with vegetarian refried beans, nonfat refried beans, or black beans and top with salsa. Serve with nonfat yogurt, chopped lettuce and tomatoes.
- Fill a baked potato with low fat cottage cheese and chopped green onion or black beans and salsa.

- Top a baked potato with low fat canned chili. Add chopped onion but be cautious when adding cheese.
- Serve a low fat canned chili. Top with sliced green onion and serve with French bread and carrot sticks.
- Serve spaghetti using eggless noodles and spaghetti sauce (with less than 4 grams of fat per 4 ounces).
- When making macaroni and cheese from the box, use skim milk and omit or reduce the margarine.
- When buying soups, choose broth-based canned soup (not cream). To reduce the sodium, add additional water, purchase those that indicate they are 30% less salt, or mix with a low sodium soup.
- When selecting a thicker soup, choose those with less than 30% of the calories from fat.
- Serve a frozen TV dinner with less than 30% of the calories for fat (i.e., 300 calories-10 grams of fat) and less than 800 mg of sodium.
- Dress up green beans with mushrooms and slivered almonds.
- Make a stir-fry using lean meat, seafood or poultry and a couple of fresh vegetables.
- Make a shish-ka-bob of green peppers, onion, and partially cooked new potato quarters. Skewer with cubes of lean meat, poultry, or shrimp. Broil or barbecue until done.

Sandwiches

- Fill pita bread with raw vegetables and tuna salad or lean sliced turkey.
- Top a rice cake with low fat Ricotta cheese and salsa, or omit the salsa and sprinkle with cinnamon and artificial sweetener.
- Use whole, canned green chiles in turkey sandwiches, omitting mayonnaise or margarine.
- Spread a thin layer of cream cheese (light or fat-free) on whole wheat bread or a bagel instead of using margarine or mayonnaise. Melt in microwave if desired. Add a thin slice of smoked turkey.
- Microwave (or cook in a skillet with non-stick cooking spray) a skinned and boned chicken breast and serve on a bun. Top with lettuce, tomato slice and barbecue sauce.
- Try tuna salad made with water packed tuna and reduced calorie mayonnaise. For more flavor, add 1 tablespoon of pickle relish, chopped onion or onion powder or garlic powder. Celery can also be added for crunch. Chopped apple is a good addition to add a sweet crunch.
- Make tuna salad with low calorie ranch dressing.
- Make a submarine sandwich using lean meats and chopped lettuce. Drizzle with nonfat or reduced calorie Italian dressing.
- Make a Rueben sandwich using whole wheat toast, smoked turkey, part skim mozzarella cheese, and rinsed sauerkraut. Heat under broiler until cheese melts.

- Use lettuce and tomato in sandwiches for moisture to replace mayonnaise or margarine.
- Make a French dip using Deli roast beef or turkey, French rolls, and au jus gravy mix (dilute with more water to reduce the sodium).
- Try alfalfa sprouts in place of lettuce. You don't have to wash them; washing will make them soggy.
- Add well drained coleslaw to a sandwich for crunch.

Snack Ideas

Sometimes foods associated with mealtime can be made into lower-calorie and more nutritious snacks. There is no reason that you can't make a snack out of a steaming cup of minestrone soup or bowl of cereal and milk. These all contribute to the recommended food group servings. Likewise, it's fine to swap foods you typically associate with one meal for another. Try trading traditional breakfast foods for a pizza bagel or leftovers, or enjoy some whole wheat pancakes topped with fresh fruit for dinner. Other ideas include: cereal bars, cheese sticks, low-fat crackers, pre-cut veggies, fresh fruit, yogurt, fruit cups, rice cakes, fig bars, dry cereal, single-serving low fat chips/pretzels. If snack options at your squadron snack bar are not healthy, make recommendations for healthy items to be included.

You also need to pay attention to the type of beverages you consume. Low calorie beverages include: Crystal Light, sugar-free Kool-aid, diet beverages, diet teas, coffees made with fat-free milk, sugar-free cocoa and WATER!

By not letting the hour on the clock dictate what you eat, you'll probably find yourself eating a more well-rounded diet.

In order to snack on food items, they need to be available; that means buying them. Make a grocery list and go shopping. No time for a list? Here are some ideas of when you can make a list: waiting for meetings to start, waiting on telephone, waiting for an appointment, or waiting anywhere. Be sure when you are making a list that you buy foods to meet the recommendations of the Food Guide Pyramid. For example, did you purchase enough fruits and vegetables to get five servings each day of the week?

With or without a list, certain basic foods in the house will allow you to prepare a meal in minutes. Some ideas of foods to have available that are convenient and easy to use:

Stock up on staples

- Canned foods - beans, fruit juice pack, soups, vegetables
- Cereals - keep several on hand
- Whole grain breads
- Crackers - lowfat is best
- Pasta - keep several types

Rice, other grains such as barley
Buy prewashed and packaged produce
Fruit - the original fast food
Any plain frozen fruit and vegetables

When buying foods, get items already 'prepped' so you spend less time in the kitchen preparing meals/snacks. Don't like to go grocery shopping? Here are some tips to making grocery shopping as painless as possible:

Shop after a meal or snack
Race by the sample taste tidbits
Shop during nonpeak times
Plan, jot down and take your list
Arrange your list by supermarket aisle location

Invest in a subscription to a magazine like Quick and Healthy Magazine. Consider buying cookbooks that have quick and easy meals in them or search the Internet for quick and healthy ideas to add to your list.

Time Saving Ideas

Here are some helpful ideas to reduce time in the kitchen.

- Cleaning and chopping vegetables can be a time consuming task. Instead of chopping small amounts of veggies every time you need them, prepare the whole package at one time and refrigerate veggies in sealed plastic bags. However, you can purchase cleaned and cut vegetables which may be worth it if you don't have time to prepare fresh vegetables. Try buying cleaned and chopped lettuce for salads. Check grocery stores and delis for these.
- One of the lowest calorie, best tasting, and quickest ways of preparing vegetables is to cook them in your microwave (without any sauces). You don't need a detailed recipe, just put chopped veggies in a small amount of water, cover and cook. (Consult your microwave cookbook for cooking times.)
- A salad spinner is a must to make cleaning lettuce a quick task. You can do a whole head of lettuce at a time and store it in sealed plastic bags
- Buy frozen, ready to cook stir-fry vegetables, meat or poultry - you'll have a meal ready to eat in minutes.
- Low fat grated cheese costs about twice as much as the brick form. Grating cheese is easy in a food processor, but only worth it if you are doing a large amount. To save time, grate one to two pounds at a time and freeze for future use. Home grated cheese can be lighter than the store bought grated cheese and goes further as a topping recipe. As a result you get less fat and less calories when topping the same area with home-grated cheese.
- Keep staple foods on hand so that you always have the right ingredients for several meals. (e.g., rice, noodles, canned meat like tuna, and soups)

- Find a convenient place in your kitchen for a grocery list that family members can add to. Encourage members to add items to the list when the item gets low, but before it runs out.
- Plan meals for a week and add items needed to the grocery list before shopping.
- Grocery shop from your list once a week and avoid stops at the grocery store after work.
- Double a recipe and freeze for future meals.
- Buy skinned and boned chicken breasts in the family pack and freeze. Ask your butcher to package lean meats in a family pack since this usually means less cost to you. When you get home, divide the meat into portions for one meal, then freeze. When you thaw the meat, you will have just enough for a meal and the small amounts of meat will thaw faster.
- Look for packages of frozen lean meats and poultry that are already portioned.
- Buy a turkey breast and have the butcher slice it into steaks for use in place of chicken breasts. Freeze with two pieces of wax paper between slices for easy removal.
- Purchase chopped garlic or garlic powder and substitute it for the fresh garlic.
- Use dried onion or onion powder instead of chopping fresh. See the label for reconstituting dried onion if needed for certain recipes.

How do you manage the challenges of eating out?

Have it your way! The National Restaurant Association reports that 90% of restaurants accommodate special requests. What special requests can you make?

- Different or certain cooking preparation
- Different side dish
- Half order or appetizer size entrée
- Condiments and salad dressing on side
- Doggie bag
- Split a meal or dessert

Be assertive: Send it back if it does not come the way you requested it!!

What else should you consider when ordering?

- Are there “healthy” or “lite” items on menu?
- Does my beverage have too many calories?
- Did I take the skin off my chicken?
- Did I order a clear (not cream) soup?
- Did I trim the fat off of red meats?
- Does my entrée contain a vegetable?
- Is the salad dressing low calorie?
- Am I really hungry for dessert?
- Did I balance out my day?

Remember to eat until you are content, NOT stuffed. It takes 20 minutes for your stomach to tell your brain that it is full. If you eat fast, you usually eat MORE. Limit going to buffet restaurants since you tend to eat more. Don't arrive overly hungry. Most of us overeat in these two circumstances!

Below are tips on what to order at various restaurants.

From The Chinese Menu...

Enjoy more often...

- Tea
- Wonton, egg drop, hot & sour soup
- Veggie potstickers
- Steamed: dumplings, rice, vegetables
- Soft noodles (lo or chow mein)
- Bean curd dishes (not fried)
- Chicken/beef/fish/seafood entrees with vegetables
- Stir fried vegetables with rice - limit the oil and sauce
- Duck, plum, mustard, hoisin, oyster, black bean, garlic sauces
- Fortune cookie and oranges

Limit....

- Egg rolls and spring rolls
- Fried wontons
- Shrimp toast
- General Tso's chicken
- Crispy beef
- Sweet and sour entrees
- Almond or cashew chicken

From The Italian Menu...

Enjoy more often...

- Broth, bean, vegetable soups
- Bread sticks
- Steamed mussels or clams
- Grilled fish or chicken
- Chicken cacciatore
- Veal or chicken piccata
- Clam sauce, picatta, primavera or tomato sauces (marinara, pomodoro, sun-dried tomato)
- Cioppino
- Baked polenta or gnocchi
- Pizza (light on the cheese, heavy on the vegetables)

Limit...

- Cream or Alfredo sauce

- Buttered garlic bread
- Breaded and fried foods
- Cheese-based dishes
- High fat meats - salami, pepperoni, sausage

From The Mexican Menu...

Enjoy more often...

- Black bean, tortilla soup
- Chili
- Salsa
- Grilled meats and fish entrees
- Soft corn tortillas
- Fajita salad
- Soft tacos
- Beans (whole or black)
- Veracruz (tomatoes, onions, chilies), green chili sauce

Limit....

- Fried chips
- Sour cream
- Guacamole
- Tostados
- Cheese enchiladas
- Mole sauce
- Chimichangas
- Taquitos
- Cheese
- Chorizo

On the American Menu....

Enjoy more often...

- Broth based soups
- Green salads with low-calorie dressing
- Baked potatoes
- Grilled fish or chicken entrees with vegetables
- Pasta with vegetables or tomato sauce
- Shellfish
- Vegetable pizza
- Rice
- Vegetables
- Sirloin, filet mignon steaks -trimmed of fat
- Stir fry with vegetables
- BBQ chicken

- Deli sandwiches with mustard, lettuce and tomato
- Lowfat shakes

Limit consumption of fried foods:

- French fries/potato wedges/potato skins
- Mozzarella sticks
- Chicken wings/chicken fingers
- Onion blossom, onion rings

Watch:

- Portion sizes
- Salad dressings
- Salad toppings
- Sandwich additions

Compare a meal you eat at a restaurant recently with your caloric needs for weight loss (calorie needs based on 3 meals daily) - Women (1,200 -1,500) and Men (1,500-2,000)

At Burger King

Food Item	Calories	Fat (grams)
Whopper w/cheese	760	48
Medium Fry	400	21
20 oz Coke	270	0
TOTAL	1430	69

If on a 2,000 calorie diet - this exceeds your fat limit and is 72% of your daily calories!!

How do you handle TDYs and traveling?

- Order special meals ahead of time e.g., kosher, vegetarian, lowfat, seafood.
- Drink lots of water. Flying causes dehydration so carry a water bottle with you.
- Take time to exercise. Go for a walk on breaks, use the exercise facilities at hotel, or ask about walking or running routes.
- Shop at local grocery store, when possible. Buy fruits, vegetables, and snacks.

Appendix B - Recipe Modification

Eating for good health starts here. When you make your recipes healthy, you are making your eating pattern healthy. An ingredient can be reduced a little, eliminated completely, or substituted with a healthier product. Where do you begin on your lifestyle change? A big part is how you cook your meals and desserts. Even if you change your ingredients a little, it still will help you in the long run.

How do you start cooking healthy? First, you have to start with shopping in a healthy manner and have those healthy items available for you at anytime you are ready to cook. What are some ideas?

First, start with appetizers.

- When making homemade soups, cool first, then skim the remaining fat off the top.
- Use pureed vegetables or instant mashed potatoes for thickening cream soups.
- When making dips, use either nonfat sour cream or yogurt.

Next, look at meats.

- Choose lean meats instead of high fat meats.
- Trim meats of any visible fats.
- Peel the skin from chicken or turkey prior to cooking.
- Choose canned meats packed in water instead of oil.
- Remember that $\frac{3}{4}$ cup of fat has 1,500 calories so don't forget to drain fat after cooking.
- Use low fat cooking methods, i.e., grilling, broiling, steaming.

When making casseroles,

- Substitute baked chips, corn flakes, or even rice cakes instead of fried onions or real potato chips.
- Look for the 98% fat free cream soups when needed.
- Lower the meat and add more vegetables to stir fry or casseroles; that way you are getting just as much food but less fat, fewer calories, and more fiber.
- Use lower fat cheeses.

For a $\frac{1}{2}$ cup serving of cheddar cheese:

Regular: 220 calories, 18 grams fat

Lowfat: 110 calories, 9 grams fat

Fat-free: 90 calories, 0 grams fat

Part-skim mozzarella: 140 calories, 5 grams fat

- Use fat-free milk in recipes.
- Use red sauces instead of cream sauces. (i.e., marinara vs alfredo)
- Pizzas- use red sauce and limit the meat lovers or stuffed crust; increase the vegetables, and use a little cheese.

Next, look at side dishes.

- Make your mashed potatoes lowfat and flavorful by boiling in fat-free chicken broth, then mashing them while adding broth as needed.
- For gravy, instead of fat drippings or butter and flour mixture, use the packets of gravies (these are essentially fat-free).
- Use fresh or frozen vegetables. Watch out for canned vegetables, these can be high in sodium. If you do use canned vegetables, rinse them off before using them.
- When you are making salads that contain mayonnaise or Miracle Whip, choose lowfat or even fat-free. There is quite a difference.

Mayonnaise 1 cup

Regular: 1,600 calories, 176 grams fat

Light: 800 calories, 72 grams fat

Fat-free: 160 calories, 0 grams fat

Last but not least, desserts:

- Decrease the sugar in recipes by 1/4 cup with minimal change to the flavor or texture; saves 190 calories for a 1/4 cup.
- When recipes call for oil or butter, substitute the actual amount for applesauce. Baked goods will be even more moist. (e.g., cakes, muffins)
 - 1 tsp = 45 calories, 5 gram fat
 - 1 Tbsp = 125 calories, 15 grams fat
 - 1 cup = 2,000 calories, 225 grams fat
- Select light cream cheese when making cheesecake; you will be surprised that it doesn't change the consistency.
 - 1 cup regular = 800 calories, 80 grams fat
 - 1 cup 1/3 less = 560 calories, 48 fat
 - 1 cup fat free = 240 calories, 0 fat
- Chocolate semi-sweet chips
 - 1 oz = 140 calories and 7 grams fat
 - 12 oz = 1,680 calories, 92 grams fat
 - Use mini chips and half the amount and you save 920 calories and 46 grams fat
- When a recipe calls for 1 oz bakers chocolate, use 3 Tbsp powdered cocoa.
- Coconut – save 1/4 cup = 140 calories, 10 grams fat.
- Frosting
 - 1 round tub = 1,810 calories, 108 grams fat
 - 1 round tub reduced fat = 1,440 calories, 12 grams fat
 - Or use fat free cool whip and instant pudding as frosting

Guide to Modifying Recipes

Experiment with your favorite home recipes in order to lower the calories, total fat, cholesterol and sugar. Try the alternatives below:

Instead of:	Try:
Lard, butter, margarine	Margarine – liquid oil should be the first ingredient
Margarine	Oils – canola, peanut or olive oils are best
1 Tbsp margarine	3/4 Tbsp oil
1 cup margarine	3/4 cup oil
1/2 cup margarine	1/3 cup oil
Fat	Use fruit puree (prune or apple butter) as a fat substitute. Follow label directions
1 cup whole or evaporated milk	1 cup nonfat or skimmed evaporated milk
1 cup whipped cream	Combine 1/3 cup ice water, 1 Tbsp lemon juice, 3/4 tsp vanilla and 1/3 cup dry milk powder in a cold bowl. Beat 10 min or until stiff. Add sugar sub or 2 Tbsp sugar to sweeten
1 cup sour cream	1 cup plain, nonfat yogurt or 1 cup lowfat cottage cheese blenderized with 2 tsp lemon juice or 3/4 cup nonfat sour cream
1 can cream soup	2 cups lowfat white sauce: Mix 2 Tbsp melted margarine with 2 Tbsp flour and 1 cup nonfat milk. Heat slowing, stirring, until thickened. Add garlic powder, onion powder, chicken or beef broth to give flavor
1 egg	2 egg whites or 1/4 cup egg substitute
To reduce sugar	Reduce called for sugar by 1/4 to 1/3 AND cut back on sour or bitter flavors like vinegar, lime or lemon OR increase vanilla or cinnamon
Gravy	Rehydrate powdered mixes located in spice isle of grocery store (these are fat-free) OR collect drippings from cooked meat, cool. The fat will harden; remove hardened fat with a spoon

Practice adjusting the following recipes to lower the calorie and fat content. The answer key is located in Appendix D.

Double Chocolate Brownies

Original

Lite

3/4 c. melted margarine	
1 1/2 c. sugar	
1 1/2 tsp. vanilla	
3 eggs	
1/2 c. cocoa powder	
3/4 c. flour	
1/2 tsp. baking powder	
1 c. chopped walnuts	
1 c. chocolate chips	

Nutrition Comparison per 1 brownie:

Original	Lite
Calories: 378	198
Fat: 23 gm	5.5 gm
Saturated fat: 5.5 gm	1.5 gm
Cholesterol: 53 mg	trace
Sodium: 162 mg	44 mg

Spinach and Herb Dip

Original	Lite
1/2 c. mayonnaise	
1/2 c. sour cream	
1/4 c. cooked spinach, chopped and pressed	
1 tsp finely chopped fresh dill	
2 tsp finely chopped green onion	
1/4 tsp salt	

Nutrition Comparison per 1/4 cup:

Original	Lite
Calories: 255	64
Fat: 27 gm	2.5 gm
Saturated fat: 7 gm	2 gm
Cholesterol: 31 mg	14 mg
Sodium: 319 mg	265 mg

Turkey Broccoli Casserole

Original	Lite
4 c. turkey cubes	
1 can cream of chicken soup	
1-10oz pkg. frozen broccoli	
1-7oz pkg. chicken flavored rice mix	
1 1/3 c. 2% milk	
1 c. chicken broth	
1 c. chopped celery	
1-8oz can water chestnuts, drained	
1/2 c. chopped onion	
1/2 c. mayonnaise	

Nutrition Comparison per 1 cup:

Original	Lite
Calories: 389	259
Fat: 21 gm	5 mg
Saturated fat: 5 gm	1.5 gm
Cholesterol: 68 mg	53 mg
Sodium: 1,120 mg	775 mg

Appendix C - Personal Goals

MY PERSONAL GOALS for BCIP Class #1 - Week One

My nutrition goal for this week is:

MY PERSONAL GOALS for BCIP Class #2 - Week Two

1. The behavior I will work to change this week is:

2. My fitness goal this week is:

3. My nutrition goal this week is:

MY PERSONAL GOALS - Week Three

My goal for this week is:

MY PERSONAL GOALS - Week Four

My goal for this week is:

MY PERSONAL GOALS - Week Five

My goal for this week is:

MY PERSONAL GOALS - Week Six

My goal for this week is:

MY PERSONAL GOALS - Week Seven

My goal for this week is:

Appendix D- Answer Keys

BCIP Class #1, Food Label Answer Key, page 41

1. Which of the following are true about the **serving size** listed on the Nutrition Facts label:

- a. It generally reflects the amount eaten at one time.
- b. It is useful in making comparisons with similar foods.
- c. The amount of calories and nutrients listed is per serving, not per package.
- d. **All of the above are true**

2. The product in the above label contains 46% calories from fat. When a food is high in total or saturated fat, it is occasionally okay to eat it if you balance it with foods low in fat at other times of the day.

- a. **True**
- b. False

3. Which two nutrients listed in the footnote do not change *regardless* of calorie level?

- a. **Cholesterol**
- b. **Sodium**

4. Limiting total fat to include saturated and trans fat, and cholesterol along with sodium can help reduce the risk of some chronic diseases like heart disease, some cancers, and high blood pressure. Manufacturers are required to list saturated fat on their labels along with what other types of fat?

- a. Cholesterol
- b. Polyunsaturated and Monounsaturated fats
- c. Trans fat (currently voluntary but becomes mandatory 1 Jan 06)
- d. **a and c**
- e. All of the above

5. Which of the following are true about *trans* fats (AKA trans fatty acids)?

- a. A type of fat formed when a liquid oil is turned into a solid fat – a process called hydrogenation.
- b. Found in shortening, some margarine, and many types of crackers,

candies, cookies, snack foods, fried foods, baked goods, salad dressings, and other processed foods.

- c. Like saturated fat, they can raise low-density lipoprotein (LDL or "bad") cholesterol that increases your risk of coronary heart disease.
- d. **All of the above**

6. 2,400 mg of sodium a day is the maximum recommended intake for all calorie levels. 2,400 mg of sodium is equal to about what measurement in table salt?

- a. **1 level tsp**
- b. 1/2 level tsp
- c. 1/4 level tsp

7. When looking at the Nutrition Facts label, the "sugars" category tells you how much:

- a. White sugar has been added.
- b. Natural sugars are in the food like the type found in fruit and milk.
- c. Other sweeteners, like honey, have been added.
- d. **All of the above**

BCIP Class #2 Exercise #4 Healthy Menu Choices Answer Key, page 59

Healthiest menu options are **bold and a different font**.

1. Classic Club Buffet

**Tossed Greens with Tomatoes, Cucumbers, Carrots, and
choice of dressing***

Macaroni Salad

Classic Crispy Cole Slaw

Carved Steamship or Top Round of Beef with Horseradish Cream

Sliced Smoked Ham with Rum Raisin Sauce

Sliced Roast Turkey with Gravy and Stuffing

Oven Roasted New Potatoes

Buttered Peas and Carrots

Warm Fruit cobbler

Freshly Baked Rolls with Butter

Coffee and Tea Service

2. Northwestern Three-Meat Buffet

Sliced Roast Beef, **Baked Chicken and Honey Glazed Ham**

**Tossed Greens with Tomatoes, Cucumbers, Carrots and
choice of dressings***

Choice of Potato (These may be healthy but you would have to assess this once you saw what was offered. If it is a plain baked potato or rice, this would be fine.)

Choice of 2 Vegetables

Freshly Baked Rolls with Butter

Coffee and Tea Service

3. Texas Buffet

BBQ Brisket, **BBQ Chicken**, and BBQ Sausage

Potato Salad, Cole Slaw, **Relish Tray**

Pinto Beans and Texas Toast

Coffee and Tea Service

4. South of the Border

Greens with Tomatoes and Onions Tossed with House Dressing* (*try to use an fat-free dressing if available*)

Beef Taquitos

Chicken Fajitas with Warm Flour Tortillas

Shredded Pork Enchiladas with Salsa Verde

Refried Beans

Mexican Rice

Traditional Flan

Sliced Fruits

Coffee and Tea Service

5. The Cowboy Western

Crisp Cole Slaw

Green Salad with Ranch Dressing

Jalapeno Cheese Poppers

Barbecued Chicken and Sausage

Baked Beans

Sweet Cornbread with Honey Butter

Fruit Cobbler

Coffee and Tea Service

6. Endless Summer Beach Party

Tossed Greens with Veggies and House Dressing (if “house dressing” is mayonnaise-based, use sparingly, if it’s oil-based, stick to 1-2 teaspoons)

Classic Potato Salad

Sourdough Rolls and Butter

Grilled Burgers and Hot Dogs with all the Trimmings (keep your burger simple, ketchup, mustard and pickles are essentially calorie free)

Steamed Corn on the Cob

Sliced Seasonal Fruit

Iced Tea and Coffee Service

7. The Wacky Tourist Luau

Cucumber Kim Chee

Oriental Salad

Teriyaki Beef Sticks

Hawaiian-Style Huli Huli Chicken

Kalua Pork with Cabbage

Stir Fried Vegetables

Steamed White Rice (low in fat, high in calories and very low in nutrients)

Pineapple Upside-Down Cake

Coffee and Tea Service

8. Jazz Club Dinner Buffet

Fancy Greens with Toasted Walnuts and Raspberry

Vinaigrette

Chilled Shrimp on Ice with Cocktail Sauce and Lemons

Steamship Round of Beef with Au Jus

Grilled Chicken Breast with Brown Wine Sauce

Chef's Vegetables

Roasted New Potatoes

Assorted Sensational Sweets

Coffee and Tea Service

*Be careful with your choice of dressing; oil-based dressings are still high in fat but are healthier fats than mayonnaise-based salad dressings.

Appendix B Recipe Modification Answer Key, pages 84-86

Double Chocolate Brownies

Original	Lite
3/4 c. melted margarine	3/4 c. applesauce
1 1/2 c. sugar	1 1/4 c. sugar
1 1/2 tsp. vanilla	1 1/2 tsp. vanilla
3 eggs	3/4 c. egg substitute
1/2 c. cocoa powder	1/2 c. cocoa powder
3/4 c. flour	3/4 c. flour
1/2 tsp. baking powder	1/2 tsp. baking powder
1 c. chopped walnuts	1/2 c. chopped walnuts
1 c. chocolate chips	1/2 c. chocolate chips

Nutrition Comparison per 1 brownie:

Original	Lite
Calories: 378	198
Fat: 23 gm	5.5 gm
Saturated fat: 5.5 gm	1.5 gm
Cholesterol: 53 mg	tr
Sodium: 162 mg	44 mg

Heat oven to 350 degrees. Grease a 9x9 inch pan.

Mix together applesauce, sugar, vanilla and egg substitute in a large bowl. Combine cocoa, flour and baking powder and add to mixture. Stir in nuts and chocolate chips. Pour into pan and bake 20-22 minutes. Makes 12 servings.

Spinach and Herb Dip Answer Key

Original

Lite

1/2 c. mayonnaise	1/2 c. fat free mayonnaise
1/2 c. sour cream	1/2 c. light sour cream
1/4 c. cooked spinach, chopped and pressed	1/4 c. cooked spinach, chopped and pressed
1 tsp finely chopped fresh dill	1 tsp finely chopped fresh dill
2 tsp finely chopped green onion	2 tsp finely chopped green onion
1/4 tsp salt	Omit – add Mrs Dash or other low sodium seasoning

Nutrition Comparison per 1/4 cup:

Original	Lite
Calories: 255	64
Fat: 27 gm	2.5 gm
Saturated fat: 7 gm	2 gm
Cholesterol: 31 mg	14 mg
Sodium: 319 mg	265 mg

Combine mayonnaise and sour cream and mix well. Add other ingredients and season to taste. Makes 4 servings.

Turkey Broccoli Casserole Answer Key

Original	Lite
4 c. turkey cubes	4 c. cubed cooked turkey breast
1 can cream of chicken soup	1 can reduced fat cream of chicken soup
1-10oz pkg. frozen broccoli	1-10oz pkg. frozen broccoli
1-7oz pkg. chicken flavored rice mix	1-7oz pkg. chicken flavored rice mix, reduced sodium
1 1/3 c. 2% milk	1 1/3 c. skim milk
1 c. chicken broth	1 c. reduced sodium chicken broth
1 c. chopped celery	1 c. chopped celery
1-8oz can water chestnuts, drained	1-8oz can sliced water chestnuts, drained
1/2 c. chopped onion	1/2 c. chopped onion
1/2 c. mayonnaise	1/4 c. fat free mayonnaise

Nutrition Comparison per 1 cup:

Original	Lite
Calories: 389	259
Fat: 21 gm	5 gm
Saturated fat: 5 gm	1.5 gm
Cholesterol: 68 mg	53 mg
Sodium: 1,120 mg	775 mg

Thaw and drain broccoli. In large bowl, combine ingredients. Use a non-stick spray to grease a 3-quart baking dish. Transfer ingredients to the baking dish. Cover and bake at 325° for 1 hour. Uncover and bake 15-20 minutes until rice is tender. Makes 8 servings.

Appendix E - Blank Food Record

Food Record

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger

Total Daily Calories _____

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____

Food Record

Date: _____

Time of Day	Food or Beverage Item	Serving Size	Estimated Calories	Comments on possible triggers for eating other than hunger

Total Daily Calories _____

Food Group	Servings	Food Group	Servings
Fruits	_____	Vegetables	_____
Breads, Cereals, etc.	_____	Milk, Yogurt, and Cheese	_____
Meat, Poultry, etc.	_____	Water	_____